

Dental Emergency



Swelling

1. Any swelling in the mouth, neck, or face can be potentially life threatening if not treated promptly.
2. Give us a call at 402-905-2950 or just come to our office during normal business hours. After hours, call 402-709-3418 or go to an emergency dental center or a hospital emergency room.
3. Rinse with warm, salt water. Mix $\frac{1}{2}$ teaspoon of table salt in one cup of warm water. Stir until the salt is completely dissolved. Then transfer approximately $\frac{1}{4}$ cup of solution to your mouth and gently swish for 30 seconds, being sure to force the water over any areas that feel particularly tender. Then spit the water into the sink. Repeat until the entire cup is gone.
4. Do not apply heat to the area. A cold compress applied 20 minutes on, 20 minutes off is better if you can tolerate it.
5. Take Tylenol, Ibuprofen, or both for discomfort according to the bottle's dosage instructions if you're not allergic to them.

Toothache

1. Rinse with warm, salt water at least 4 times per day. Mix $\frac{1}{2}$ teaspoon of table salt in one cup of warm water. Stir until the salt is completely dissolved. Then transfer approximately $\frac{1}{4}$ cup of solution to your mouth and gently swish for 30 seconds, being sure to force the water over any areas that feel particularly tender. Then spit the water into the sink. Repeat until the entire cup is gone.
2. Floss your teeth to remove any food particles that may be stuck in between them.
3. Don't place medicines like, aspirin, Anbesol, or clove oil directly against the gums or soft tissue because they may cause burns.

4. Take Tylenol, Ibuprofen, or both according to the bottle's dosage instructions if you're not allergic to them.
6. Call our office at 402-905-2950 during normal business hours to schedule an appointment. After hours, call 402-709-3418 or go to an emergency dental center.

Chipped or Broken Teeth

1. Rinse with warm, salt water at least 4 times per day. Mix ½ teaspoon of table salt in one cup of warm water. Stir until the salt is completely dissolved. Then transfer approximately ¼ cup of solution to your mouth and gently swish for 30 seconds, being sure to force the water over any areas that feel particularly tender. Then spit the water into the sink. Repeat until the entire cup is gone.
2. If there is any bleeding, place wet gauze on the area and bite on it hard for 10 minutes to help stop the bleeding.
3. Take Tylenol according to the bottle's dosage instructions if you're not allergic to it. Add Ibuprofen if Tylenol doesn't cover the discomfort.
4. Call our office at 402-905-2950 during normal business hours to schedule an appointment.

Tooth Pushed Out of Position

1. Try to push the tooth back into position using gentle finger pressure or by biting on it. But take care not to force the tooth. You may experience pain. If that happens, call our office at 402-905-2950 or just come to our office during normal business hours. After hours, call 402-709-3418 or go to an emergency dental center.
2. For pain, take Tylenol, Ibuprofen, or both according to the bottle's dosage instructions if you're not allergic to them.

Knocked Out Adult Tooth

1. If it's a baby tooth, do not insert it back into the socket.
2. If it's an adult tooth, retrieve the tooth and hold it by its crown (the part that is normally exposed in the mouth) and NOT the root. Rinse the tooth gently with water and without scraping the root surface.
3. Rinse your mouth with warm, salt water to remove any debris that may be present.
 - a. Three options:
 - i. **Best Option:** Check the socket, if it is clearly visible and doesn't appear to have significant fractures or there are no other broken fragments near or in the socket, then try

- reinserting the tooth. There will likely be a lot of bleeding making it difficult to see. Do not force the tooth into the socket and make sure that the tooth is facing the right way.
- ii. **Second Best Option:** Place the tooth in the mouth between the cheek and gum to keep it moist. Be careful not to swallow the tooth or allow the roots to dry out.
 - iii. **Good Option:** Place the tooth in a container of milk or 0.9% saline. 0.9% saline can be made by thoroughly dissolving ½ teaspoon of table salt in 1 cup of distilled water. Transport the patient and tooth to our office as soon as possible.
4. The best chance of saving a knocked out tooth is when it is returned to the socket within 1 hour of being knocked out. It must be kept moist and the patient seen at our office as soon as possible.
 5. Call our office at 402-905-2950 during normal business hours, 402-709-3418 after hours, or go to an emergency dental center.

Objects Caught In-between the Teeth

1. Use a toothpick or floss to dislodge any objects or food particles that get caught between the teeth. Do not use sharp instruments like pins as they may injure your gums or soft tissues.
2. If there is continued discomfort or swelling, call our office at 402-905-2950 for an appointment.

Objects Stuck in the Gums

1. Brush the area using toothpaste, working the bristles of the brush into the gums. Use a sweeping motion to dislodge the object. If that doesn't work, try using floss to retrieve the object if it's in the gum tissue between the teeth. If the object is on the cheek or tongue side of the tooth, a toothpick can be used, but be careful not to damage the tissue.
2. If still unsuccessful, call our office at 402-905-2950 for an appointment.

Filling Fell Out

1. Place sugarless gum or an over-the-counter temporary dental filling (Dentek Temparin Max-can be found at Walmart) into the hole as a temporary measure.
2. Ignoring the problem can lead to tooth sensitivity, decay, and possible loss.
3. Call our office at 402-905-2950 for an appointment.

Crown (Cap) Fell Out

1. If possible, try to slip the crown back on to the tooth by coating the inner surface with denture adhesive, gel toothpaste, or an over-the-counter temporary dental filling (Dentek Temparin Max-can be found at Walmart) to help hold the crown in place. Do not use superglue!!
2. If placing it on the tooth is unsuccessful, keep the crown safe by placing it in a zip-lock bag or other container.
3. Call our office at 402-905-2950 for an appointment.

Broken Orthodontic Brace Wires

1. Try to reposition the wire using the eraser end of a pencil.
2. Orthodontic wax can be purchased at any CVS Pharmacy. Cover the end of the wire with orthodontic wax, gauze, or even chewing gum.
3. Call your orthodontist's office first. If unsuccessful, then call our office at 402-905-2950 for help. Never try to cut the wire on your own. You may cause damage to tissues or end up swallowing or inhaling the cut piece of wire.

Loose Orthodontic Brackets and Bands

1. Orthodontic wax can be purchased at CVS Pharmacy. Place the orthodontic wax over the bracket to provide a barrier between the cheek and the bracket or wire. If the problem is a loose or dislodged band then save it and go to your orthodontist as soon as possible. The orthodontist will re-cement or replace any loose brackets or bands for you.

Soft Tissue Injuries (Lip, Tongue, or Cheek Cuts)

1. Control the bleeding by using wet gauze and applying direct pressure for 10-15 minutes.
2. Apply a cold compress on the outside for a few minutes to help stop the bleeding and minimize swelling. If the bleeding still doesn't stop, apply a moistened Lipton teabag (not herbal tea) to the wound.
3. Call our office at 402-905-2950 or just come to our office during normal business hours. After hours, call 402-709-3418 or go to an emergency dental center or emergency room.

Broken Denture or Lost Denture Teeth

1. Call our office at 402-905-2950 or just come to our office during normal business hours.
2. Bring all the denture pieces to our office.