



PEDIATRIC DENTISTRY
TEEN & ADULT DENTISTRY
ORTHODONTICS FOR ALL AGES

Emergency Dental Instructions for Parents & Caregivers

Dental emergencies can be frightening, especially when they happen to children. Quick, calm action can help save a tooth or prevent further injury. Below are detailed instructions for common dental emergencies, along with tips to help prevent them in the future.

KNOCKED-OUT PERMANENT TOOTH (AVULSION) – ACT FAST!

What to Do Immediately:

1. **Stay Calm & Locate the Tooth**

- Quickly find the tooth and pick it up **by the crown** (the top part that's usually visible in the mouth).
- **Avoid touching the root.** The root contains delicate cells that are vital for reattachment.

2. **Gently Rinse (If Dirty)**

- If there is visible dirt, **rinse the tooth gently with cool water for no more than a few seconds.**
- **Do NOT scrub, brush, or disinfect** the tooth. Avoid soaps and chemicals.

3. **Try to Reinsert the Tooth**

- If your child is conscious and cooperative, gently place the tooth back into its socket.
- Have the child **bite down on a clean gauze or cloth** to keep it in place.
- Do not force it if it doesn't go in easily.

4. **If Replanting Isn't Possible**

- Keep the tooth moist at all times!
- Place it in one of the following:

Have a Dental Emergency? Our Team is Here to Help!

During normal business hours, **call/text: (619) 336-8478**

After hours, call/text our emergency number and leave a message with your name, call back number and message about the issue.

PEDIATRIC DENTISTRY: 619-790-1023 or 619-790-1024

ORTHODONTICS: 619-432-0069
ADULT DENTISTRY: 619-432-0070



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- **A cup of cold milk** (best option)
 - **Saline solution**
 - **Clean water** (only if no other option is available)
 - *Never let the tooth dry out.*
5. **Get to a Dentist IMMEDIATELY**
- Time is crucial — ideally within **30 minutes**.
 - Bring the tooth with you and inform the dental office of the emergency on your way.

BROKEN OR CHIPPED TOOTH

Steps to Take:

1. **Clean the Area**
 - Rinse your child's mouth gently with warm water to clear blood or debris.
2. **Control Swelling**
 - Apply a **cold compress** or ice pack to the cheek or lip near the injury to reduce swelling and pain.
3. **Find and Save Any Tooth Fragments**
 - If a piece of tooth is found, place it in **milk or saline** and bring it to the dentist.
 - In some cases, the fragment can be reattached.
4. **Seek Dental Care Right Away**
 - Even small chips can lead to infection or sensitivity.
 - A dentist will check for nerve exposure or hidden fractures.

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PREVENTING DENTAL EMERGENCIES

✓ Use Protective Gear

- Make sure your child wears a **custom-fitted sports mouthguard** during physical activities such as soccer, basketball, skating, or martial arts.

✓ Practice Car Safety

- Always use properly installed **car seats** or booster seats for young children.
- Ensure **everyone wears seatbelts**, even on short trips.

✓ Make Home Safe

- Childproof areas where falls or accidents may occur — especially around hard surfaces and furniture.
- Many oral injuries happen to toddlers under 3 while learning to walk or climb.

✓ Schedule Regular Dental Visits

- Routine checkups help catch weak or decayed teeth before they break.
- Preventive treatments such as sealants and fluoride strengthen enamel and help avoid emergencies.

IMPORTANT REMINDERS FOR PARENTS

- **Do not panic.** Children look to you for reassurance.
- **Never place a knocked-out baby tooth back in the mouth.** Baby teeth are not reimplanted.
- **Keep an emergency dental kit** at home or in your car with gauze, a small container, saline or milk, and the dentist's emergency contact.

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