



Ow, my tooth!

Accidents happen. Knowing what to do when one occurs can mean the difference between saving and losing a tooth.

Tips for common dental emergencies.

- **Knocked-out permanent/adult tooth.** Keep it moist. If you can, place the tooth back in the socket without touching the root. If that's not possible, place it between your cheek and gums, or in milk.
- **Cracked tooth.** Rinse your mouth with warm water. Put cold compresses on your face to keep swelling down.
- **If you bite your tongue or lip.** Clean the area gently with water and apply a cold compress.
- **Toothache.** Rinse your mouth with warm water. Gently use dental floss to remove any food between the teeth.
- **Object stuck in your mouth.** Gently remove with dental floss. **DO NOT** try to remove with sharp or pointed objects.

Have a dental emergency
at night or on the
weekend?

Call Delta Dental's
after-hours tooth
emergency call line at
866-864-2499.

 DELTA DENTAL

866-864-2499
AFTER-HOURS
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CALL LINE.

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