

Your Family's Cheat Sheet For Dental Emergencies

**BROKEN TOOTH?
TOOTHACHE?
SWELLING?**

- What can I do at home?
- When should I call my dentist?
- How can I get answers FAST?

**KEEP THIS CHEAT
SHEET SOMEWHERE
SAFE!**

We hope you never need it, but just in case you do...

follow the DENTAL EMERGENCY
CHEAT SHEET on the other side
so you can handle almost all dental
problems from home.

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Your Family's Cheat Sheet for Dental Emergencies

This Cheat Sheet will help you handle nearly all dental emergencies on your own from home.

(Stick this Cheat Sheet on your fridge - you never know when you might need it!)

No Urgent Treatment if...

Try These Tips First At Home

Call Your Dentist Right Away If...

BROKEN TEETH

The broken piece is not very large, and not painful.

Lightly pack a small piece of sugarless gum into the opening to buy you some time.

The broken piece is more than 1/4 of the entire tooth, cutting your tongue or cheek, mobile, or painful (See PAIN section).

PAIN

There is mild sensitivity to things like cold or sweets.

Apply a dab of Sensodyne toothpaste to the area a few times a day. Take 400 mg of ibuprofen (Advil) every 4 hours, or 1000 mg of acetaminophen (Tylenol) every 6 hours.

There is severe pain that appears out of nowhere, throbs on its own, or keeps you up at night.

SWELLING

The swelling is smaller than a pea.

Apply an ice pack for 20 minutes on/20 minutes off.

The swelling is visible on the outside of your face, or has pus, or is not getting better within 3 or 4 days. (*Go to the ER right away if you are having trouble breathing.)

BLEEDING

There is a bleeding when you brush and floss and it does not last more than 30 minutes.

Bite firmly on some gauze, or a clean, wet wash cloth, or a moistened tea bag. Rinse lightly with Listerine 3 times a day.

The bleeding lasts longer than 30 minutes, or if it is pulsing out, or if your mouth is filling up with blood.

TRAUMA

The tooth has moderate soreness, or wiggles about 1-2 mm.

Take pain medication as needed (See PAIN section). It will likely feel much better in 3 to 4 days.

The tooth is severely broken, painful, wiggles more than 2 mm, or falls out completely

***If your child has a dental emergency and you are not sure what to do, call your dentist right away.

We want to send you a **FREE SMILE PACK** (over \$300 value), which includes:

- Your choice of either Free Premium Teeth Whitening, or \$300 off Dental Implant Treatment
- A DENTAL EMERGENCY 911 CARD that entitles you to 24/7 help directly from Dr. Meagan Bennett and her personal cell phone number
- A selection of DR. MEG'S PERSONAL FAVOURITE TOOTH-BRUSHES for your entire family
- Our favourite "BOREDOM BUSTERS" to keep you entertained while social distancing
- AND MORE...

Need help right away?

Email us at:
hello@smilingdental.ca
 or text our 24/7 Emergency Hotline
 at 289-312-8827

www.smilingdental.ca

To Request Your **FREE Smile Pack**, text the code **SMILEPACK** to **289-312-8827**