

Healthy People

Dental Emergencies

Nobody wants to have a dental emergency, but sometimes they happen. It's always a good idea to have your dentist's number handy, so think about programming the office into your phone to reach them easily if you have an emergency. Even if your dentist's office is closed, they probably have information on a recording for whom to contact in an emergency.

To prepare ahead of time, the American Dental Association provides the following suggestions for handling some common emergencies:

Question: What do I do if I knock out my tooth?

Answer: For a knocked-out permanent or adult tooth, keep it moist at all times. If you can, try placing the tooth back in the socket without touching the root. If that's not possible, place it in between your cheek and gums, in milk, or use a tooth preservation product with the ADA Seal of Acceptance (like Save-A-Tooth). Then, get to your dentist's office right away.

Q: What if I crack my tooth?

A: For a cracked tooth, immediately rinse the mouth with warm water to clean the area. Put cold compresses on the face to keep any swelling down. See your dentist as soon as possible.

Q: How do I treat a toothache?

A: For toothaches, rinse your mouth with warm water to clean it out. Gently use dental floss to remove any food caught between your teeth. Do not put aspirin on your aching tooth or gums; it may burn the gum tissue. If the pain persists, contact your dentist.

Q: What if I think my jaw is broken?

A: If you think your jaw is broken apply cold compresses to control the swelling. Go to your dentist or a hospital emergency department immediately.

Q: How do I remove an object that's stuck in my mouth or teeth?

A: For objects stuck in the mouth, try to gently remove with floss but do not try to remove it with a sharp or pointed instrument. See your dentist or go to the emergency room as soon as possible.

Q: How can I avoid a dental emergency?

A: There are a number of simple precautions you can take to avoid accident and injury to the teeth:

- Wear a mouth guard when participating in sports or recreational activities.
- Avoid chewing ice, popcorn kernels and hard candy, all of which can crack a tooth.
- Use scissors, **NEVER** your teeth, to cut things.

Healthy Mouth Recipe Easy Delicious Asparagus

Ingredients:

½ pound fresh asparagus
2 tablespoons olive oil
3 tablespoons lemon juice
¼ cup grated parmesan cheese
Salt and ground black pepper to taste

Directions:

Heat the olive oil in a large skillet over medium-high heat. Cook and stir the asparagus in the hot oil until tender, about 5 minutes. Pour in the lemon juice and season to taste with salt and pepper. Place the asparagus into a serving dish and sprinkle with parmesan cheese to serve.

