



## DENTAL EMERGENCIES

### Emergency help

If you need a dentist over the weekend or bank holiday, you should call your dental practice, if you have one, and follow their instructions (usually in the message on their answer phone) for contacting the out-of-hours service. If you can't access their out-of-hours information or you aren't registered with a dentist, you can call NHS 111 by dialling 111 from any landline or mobile phone free of charge and they can find an emergency dentist for you.

### Injuries to front teeth

About 30% of 8 to 12 year olds experience traumatic damage to their front adult teeth. Injuries to front teeth are upsetting and should always be investigated. The treatment required may be as little as smoothing the tooth in a minor injury to root canal treatment and a crown in severe cases. If possible keep the broken part in water. See your dentist as soon as possible.

**01276 474702**

**[www.orchardcottage dental.co.uk](http://www.orchardcottage dental.co.uk)**

## **Knocked out front teeth**

The upper front permanent teeth are the most common teeth to be completely knocked out. Knocked out baby or primary teeth are not re-implanted in the mouth, since they will be naturally replaced by permanent teeth later.

Getting the tooth back into its socket within one hour will greatly improve the long term success of re-implantation. The knocked out tooth is rinsed in clean water or milk and firmly guided in to place. This can be done by the patient or parent and then checked by the dentist. Care should be taken to handle the tooth only by its crown and not by its root. If the parent or patient is unsure keep the tooth in milk or in water and brought to the dentist as soon as possible.

## **Injuries to back teeth**

Generally this will happen to a tooth that has been previously filled. It commonly occurs after eating a small hard object rather unexpectedly. The tooth will feel sharp to the tongue and maybe temperature sensitive. Generally there is no cause for immediate alarm. Depending on how severe the break will depend on the final treatment recommended.

## **Bleeding after extraction**

Place a moist gauze pack or a clean handkerchief rolled up tightly across the socket and bite firmly for ten minutes. Sit quietly in a chair. Keep well hydrated.

## **Bleeding gums**

This is a sure sign of gum inflammation usually caused by gingivitis. Make an appointment to see your dentist who will assess the situation and probably refer you to one of our team of hygienists or therapist.

**Orchard Cottage Dental**

82 Guildford Rd, Lightwater, Surrey GU18 5RY

phone: 01276 474702

web: [www.orchardcottagedental.co.uk](http://www.orchardcottagedental.co.uk)