



Dental Emergency Kit

YOU'VE GOT YOUR MEDICAL FIRST-AID KIT STOCKED AND READY, BUT WHAT ABOUT YOUR DENTAL EMERGENCY KIT?

Whether you are travelling or playing a sport, dental emergencies are sudden, often painful, and can lead to a permanent problem. If a dental emergency does happen, the most important step is to get to a dentist as quickly as possible.

But what if you or someone else needs help right away? A properly stocked dental emergency kit can help you administer immediate care until a dentist can be reached.

WHAT TO INCLUDE:

- Cotton swabs—use to clean the area or as applicators
- Cotton balls—use to help control bleeding
- Alcohol wipes—use to clean and disinfect area
- Dental floss—use to dislodge food particles stuck between teeth
- Dental mirror—use to view inside of mouth
- Latex gloves—wear if assisting someone other than yourself (use vinyl gloves if allergic to latex)
- Salt—combine with water to rinse mouth if cheek, gums or tongue are injured (also can use a pinch in water to transport a knocked-out tooth to the dentist, if milk is not available and tooth will not easily go back in socket)
- Dental wax—use to coat sharp edges of braces wires or other orthodontia
- Temporary dental filling material—can be used to temporarily fill a tooth where a filling was lost
- Vaseline—apply to dislodged crown and slip back over tooth for temporary seal
- Cold compress—use to reduce swelling

Don't forget to see your dentist as soon as possible in a dental emergency. Often just a few minutes can mean the difference between saving a tooth and replacing one!

For information on the TRICARE Dental Program, or to find more "Dental Health 911" tips, visit us online at www.TRICAREdentalprogram.com.