



What should I do if...

I lose a permanent tooth?

Whether you lose a tooth in the middle of a hockey game or have a clumsy run-in with your kitchen door, there are certain steps you can follow to keep your tooth and your smile. Time is of the essence! The longer the tooth is out of your mouth, the less chance there is of saving it.

WHAT TO DO...

1. Retrieve the tooth, holding it by the crown (the top part of the tooth). Do not try to clean the tooth, or touch the root.
2. If possible, place the tooth back into the socket. If you can't do this, place it immediately in a glass of milk (or water). Do not place your tooth in any other liquid, such as soda or a sports drink.
3. See your dentist immediately.

CUT YOUR LIP, TOO?

For a cut lip or tongue, clean the area with a moist, clean gauze or cloth. Apply a cold compress to the site to reduce swelling. If the area continues to bleed or swell, be sure to see your local emergency room physician immediately.

PREVENTION IS WORTH AN OUNCE OF CURE!

To avoid this and other dental emergencies, always wear your seatbelt, use proper protective equipment when playing sports (mouthguard, helmet, etc.) and install safety items in your home to prevent accidents (corner guards, safety gates, etc.). Also, always keep your dentist contact information readily available.

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

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