

Prevent Dental Emergencies

The single best way to avoid emergencies involving your teeth and/or mouth is to practice good preventive oral health.

1. See your dentist regularly!

Dentists can identify and treat illnesses or injuries to the teeth, gums, tongue, and mouth before they become emergencies. Cavities; cracked teeth; red, swollen, or bleeding gums; and soft tissue injuries can all turn into serious problems if left untreated for any length of time. Regular cleanings can help prevent disease and infection.

2. Practice good oral hygiene at home.

Brush and floss after meals and before bed. There are things you can do if you have a disability that makes it difficult for you to brush or floss properly. You can try a toothbrush with a different handle size or grip or one with a flexible neck. Floss picks/flossers can be easier to use than regular floss. You can also talk to your dentist about how to adapt equipment for easier use.

3. Drink a lot of water and avoid sugary foods.

If you eat sugary foods or take sugary liquid medicines, either brush your teeth or rinse your mouth with water right away. Drinking water will also help keep your mouth moist if you take medications that cause dry mouth.

4. Wear protective mouth gear if needed.

If you are involved in activities (like sports) that might cause a mouth or tooth injury, wear the right mouthpiece. If you are prone to falls or seizures that might lead to injury, talk to your dentist or health care provider about how you can reduce that risk.

If you do have a dental emergency, call your dentist right away. If your dentist is not available, you can call our 24-Hour Nurse Line at **1-866-201-4601** (toll free; TTY **711**). They can give you advice about whether you can take care of the issue at home, if you should make an appointment with your dentist, or even if you need to go to urgent care or the emergency room (ER).*

If you need help finding a dentist, have trouble getting a dental appointment, or have questions about dental care, call PrimeWest Health Member Services at **1-866-431-0801** (toll free). TTY users call **1-800-627-3529** or **711** (toll free).

*In an emergency that needs treatment right away, call **911** or go to the nearest ER.

Sources: American Dental Association (ADA), Virginia Department of Health, National Institute of Dental and Craniofacial Research (NIDCR), WebMD

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Attention. If you need free help interpreting this document, call the above number.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរសព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သုဉ်ဟ်သးဘဉ်တက့ၢ်. ဖဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်,ကိးဘဉ် လိတဲစိနီၣ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງ ໂທໂປໂຫຍາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.