

Handling Urgent Dental Needs

Dental problems can be very painful. It may be tempting to head for the emergency room (ER) in the hopes of getting the quickest relief. However, a dentist is usually the best person to treat a dental problem. ERs don't usually have a dentist on staff. ERs can only treat your symptoms and can't offer cures. Dentists often set aside time just for patients with emergencies.

If you do have a dental problem or injury, you should not ignore it. Below are some tips for dealing with common dental problems, as well as some guidelines about if and when a trip to the ER might be needed.

Toothaches: Rinse your mouth with warm water. Gently floss to remove lodged food. Do not put aspirin or any other painkiller directly on the gum or tooth. This can burn the gum. If your tooth keeps hurting, call your dentist.

Abscess: Abscesses are infections that can occur around your teeth. They cause a pimple-like swelling on the gum. This can hurt a lot and can damage your gums and teeth. Also, the infection can spread and affect other parts of your body. See your dentist as soon as possible. Rinse your mouth with a solution of ½ teaspoon of table salt in 8 ounces of water several times a day.

Chipped or broken tooth: Save the pieces of tooth if you can. Call your dentist right away. Rinse your mouth and any tooth pieces with warm water. Hold a cold compress on the outside of the mouth to keep swelling down. This will help with pain.

Knocked out tooth: Hold the tooth by the crown (the top). Rinse the root (the bottom) with water if it's dirty. Don't scrub it or try to remove any tissue from it. If you can, put the tooth back in its socket (gently!) and hold it there. If you can't do that, put it in milk or salt water. Go to the dentist as soon as you can. Don't forget to take the tooth with you!

Objects caught between teeth: Use dental floss to try to gently remove the object. Be careful not to cut your gums. Do not use anything sharp. If you can't get it out, call your dentist.

Bitten tongue or lip: Use a clean, soft cloth to gently cleanse the area. Hold a cold compress on the cut to keep the swelling down. If the bleeding doesn't stop, go to the ER.

Possible broken jaw: Hold a cold compress on the area and go to the ER if you think your jaw is broken.

If you have a dental problem and you don't know what to do, call our 24-Hour Nurse Line at **1-866-201-4601** (toll free; TTY **711**). They can help you decide if you should get emergency care.

If you 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).

Sources: WebMD, About.com, American Dental Association (ADA)



1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

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

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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。

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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.

ဟ်သျှ်ဟ်သးဘၣ်တက့ၢ်. ဖဲနမ့ၢ်လိၣ်ဘၣ်တၢ်မၤစၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်,ကိးဘၣ် လိတဲစိနီၣ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

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ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງ ໂທໂປໂຫຼ້າໝາຍເລກຂ້າງເທິງນີ້.

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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.

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