

EMERGENCY DENTAL KIT FOR TRAVELERS

CONTENTS



CONTENTS

Dental examining gloves	Dental ointment for canker sores
Dental examining mirror	Salt sticks
Dental tweezers	Cotton stick
Dental exploring point	Cotton rolls
Dental spatula	Cotton balls
Dental wax	Cotton gauze pads
Dental floss	Toothbrush with toothpaste
Dentemp filling material	Toothache drops (eugenol oil of cloves)
Dentemp crown & bridge cement	Emergency Dental Treatment Instructions
Dental ointment for cold sores	



Dental emergencies can occur at anytime, usually when you are away from home and you are not able to be seen by a Dentist. The Dental Kit for Travelers comes in a convenient 4" X 8" sealed, crush-proof box. Each kit includes materials and detailed instructions for treating most dental emergencies. The kit also provides our toll free number: 1-877-DENTKIT (1-877-336-8548), our web address and email address which can be used for ordering additional kits or replacement items for your kit.

As a practicing dentist, I have designed this emergency kit to ease pain, discomfort, and irritation from unexpected dental emergencies until you can be seen by your family dentist or dental specialist. The following list of items and their use is explained below. They will cover a variety of dental emergencies.

1. **PAIN:**

Related to a lost filling, fractured tooth, throbbing nerve, or persistent toothache

- a. Clean the area of food with the enclosed salt sticks mixed in a glass of warm water and use the enclosed toothbrush (already impregnated with toothpaste). If food particles cannot be dislodged, use the dental floss provided. Tie a knot in the middle of the floss and run it back and forth between the teeth at the gum level.
- b. Mix the temporary filling material (DENTEMP) as directed but save a small amount of the liquid for a cotton pellet.
- c. Use the tweezers to place a medicated cotton pellet of eugenol (oil of cloves) into the cavity. Avoid touching soft tissue surrounding the teeth with the eugenol.
- d. Place a small amount of (DENTEMP) filling material over the cotton. Bite together and wipe away any excess filling material with the cotton stick. Bite together again to make sure your teeth on both sides are in occlusion (touching together).
- e. Don't chew on this area for an hour or so. Try to chew on the other side until the cement hardens in a few hours.
- f. If you have a sharp filling or fractured tooth, break off a small piece of dental wax warmed in the palm of your hand, and place it over the sharp spot to protect your tongue and cheek. Dental wax can also be used in place of the temporary filling material (DENTEMP) although it will not stay in place as well.

2. **SORES:**

Related to dentures or gums, lacerations and minor burns.

- a. Clean the area with warm salt water to remove any foreign material as previously described.
- b. Apply the appropriate ointment to the area using a cotton pellet and tweezers or the cotton stick swab.
- c. Avoid hard and spicy foods until the soreness goes away or until you can be seen by a dentist.

3. **LOST CROWNS OR FIXED BRIDGES:**

- a. Brush and floss with the items found in your emergency kit.
- b. Clean out the crown or fixed bridge with the dental explorer point before placing it back on the tooth.
- c. Try on the crown or fixed bridge to make sure of its fit.

- d. Mix the temporary filling material (DENTEMP) as directed using a thinner mix by reducing the amount of powder to liquid ratio.
 - e. Place a small amount of filling material (DENTEMP) into the crown or fixed bridge.
 - f. Dry the tooth as much as possible with the gauze.
 - g. Place a cotton roll between teeth and gums to keep tooth dry.
 - h. Put the crown or fixed bridge in place and gently bite together until you can touch on both sides. The bite may feel high at first if the crown or fixed bridge has been off for a while.
 - i. Avoid flossing around this area until you can be seen by a dentist. If you must floss, pull the floss out from the side to avoid dislodging the crown or fixed bridge.
4. **KNOCKED-OUT TOOTH:**
 - a. Hold the tooth by the crown, and rinse off the root of the tooth if it is dirty. Do not scrub it or remove any attached tissue fragments.
 - b. If it is possible, gently insert and hold the tooth in its socket. If that isn't possible, put the tooth in a cup of milk or water and get to the dentist as quickly as possible. Don't forget to take the tooth with you!
 5. **POSSIBLE BROKEN JAW:**
 - a. Do not move the jaw. Secure the jaw in place by tying a handkerchief, necktie, or towel around the jaw and over the top of the head.
 - b. If there is swelling, apply cold compresses.
 - c. Go to your dentist or a hospital emergency room immediately.
 6. **WARNINGS:**
 - a. Do not use the temporary cement (DENTEMP) and liquid if you are allergic to eugenol or oil of cloves.
 - b. Do not use Benzocaine ointment if you are allergic to "caine" anesthetics.
 - c. Seek professional assistance or the poison control center if the medication is swallowed.
 - d. Keep out of children's reach. Children under 12 yrs. of age should be supervised by an adult when using these products.

**THESE ARE TEMPORARY MEASURES TO TREAT EMERGENCIES ONLY UNTIL
YOU CAN BE SEEN BY A DENTIST**