

# Dental First Aid Kits: What Every Parent Should Have at Home

✓ Reviewed by Dr. Henry Martinez, DMD

As parents, we prepare for unexpected situations and emergencies – scrapes and bruises, fevers, and tummy aches.

But have you ever thought about what to do in a dental emergency?

*In this blog, we'll provide a list of the essential items to include in your dental first aid kit. We will also talk about what to do in the case of a dental emergency and when you should seek professional help!*

## Dental First Aid Kits

*A dental first aid kit contains essential items to help manage common dental emergencies at home. Your dental first aid kit does not replace the need for professional care, but the items it contains can provide immediate relief and prevent further damage until you can get your child to a [pediatric dentist](#).*

## Essential Items for a Dental First Aid Kit

We want you to be prepared for any dental emergency, so we have put together a list of essential items to include in your dental first aid kit.

### 1. Dental Floss

Dental floss is helpful for dislodging food particles stuck between teeth that can cause pain and discomfort. It's also helpful in cleaning around dental appliances like braces.

### 2. Cotton Balls and Gauze

Cotton balls and gauze are important for controlling bleeding in case of a dental injury. They can be used to hold a knocked-out tooth or to protect soft tissue in the mouth.

### 3. Tea Bags

Tea contains tannic acid, a natural blood-clotting agent. You can apply a moistened tea bag to an area with uncontrolled bleeding. The tannins in the tea will help the blood clot more quickly and stop the bleeding. It's best to use black tea as it contains the highest amount of tannins.

#### 4. Temporary Filling Material

If your child chips or breaks a tooth, you can cover and protect the exposed area with temporary filling material from a kit, such as Dentemp or Dentek, until you can get to a dentist. This will prevent further damage and reduce sensitivity.

#### 5. Dental Wax

For children with braces or other orthodontic appliances, dental wax is a must-have. Apply it over sharp edges or wires that cause irritation or discomfort in the mouth. If a tooth is broken or chipped, dental wax can also be used to cover the sharp edges until you can see a dentist.

#### 6. Pain Relief Medication

Pain relief medication, such as ibuprofen or acetaminophen, can help alleviate toothache pain until you can get to a dentist. Follow the recommended dosage for your child's age and weight.

#### 7. Dental Mirror and Flashlight

A dental mirror and flashlight can come in handy when trying to get a better look at your child's teeth and mouth. This can help you assess the severity of an injury or locate any foreign objects stuck in the mouth.

#### 8. Small Container

Have a small, clean container ready in case your child knocks out a tooth. The best way to save a tooth is to store it in milk or saline solution until you can see your dentist. A knocked-out tooth is considered a dental emergency. Call your dentist right away if your child has knocked out a baby or adult tooth.

#### 9. Ice Pack

An ice pack can help reduce swelling and relieve pain in case of a dental injury. Make sure to wrap the ice pack in a towel or cloth before applying it to avoid direct contact with the skin.

#### 10. Pain Relievers

Over-the-counter pain relievers such as ibuprofen or acetaminophen can help ease discomfort until you can see a dentist.

#### 11. Disposable Gloves

Disposable gloves will keep your hands clean and prevent the spread of bacteria in your child's mouth.

## 12. Contact Information

Make sure to include [contact information](#) for your child's dentist and local emergency dental services in case of a serious dental emergency.

## What To Do for a Dental Emergency

Here are some situations parents should know how to handle:

- **Severe toothache:** Have your child rinse their mouth with warm salt water, then use floss to remove any trapped particles, and apply an ice pack to alleviate pain.
- **Broken tooth:** Rinse the broken area with warm water, apply gauze to stop bleeding, and use an ice pack to reduce swelling.
- **Knocked-out tooth:** If a permanent tooth is knocked out, try reinserting it without touching its root. Otherwise, store it in a small container filled with milk or saline and get to your dentist with the tooth as soon as possible. A knocked-out tooth must be re-implanted within an hour or two to have the best chance of success.

If any of these situations occur, assess the severity of the injury and consult a dentist as soon as possible. In the meantime, use the items in your dental first aid kit to treat the symptoms and provide temporary relief.