

## ***Dental Emergency Travel Kit***

Here are the top 7 dental emergencies and what to have on hand to fix them.

### **1. Temporary or permanent Crown (Cap) comes off a tooth:**

*Fixodent or Polygrip* - Actually a denture adhesive, but it makes great temporary cement that allows for fool proof recementing of loose temporary crowns (caps) and bridges.

### **2. Lost filling:**

*Dent-Temp* - Moderately strong cement that includes a powder and liquid that you mix and then insert in the "hole"; it can also be used as a second choice for crown and bridge recementing if Fixodent or Polygrip does not work. For a porcelain veneer that has come off - use Krazy Glue gel.

### **3. Toothache:**

*Benzodent* - A topical anesthetic that can be applied to the gum.

*Advil* (Ibuprofen) - Adults can take as much as 4,200mg every four hours. Make sure your physician allows you to take this; otherwise, Tylenol or Anaprox.

*Antibiotics* - Have your DDS or MD call in a prescription for Penicillin, Erythromycin or Tetracycline and take it in your kit. Call your DDS from the road for advice on which one to take should you have pain and/or swelling.

### **4. Knocked out tooth:**

Use an *empty prescription* bottle with a screw top to place the tooth in along with *neutral saline solution* (check the contact lens aisle) that they sell in the pharmacy (better than putting it in milk). See a DDS as soon as possible to see if the tooth can be re-implanted. Do not scrub the tooth or root with a tooth brush; you can remove important cells needed for re-implantation.

### **5. Braces, brackets or wires break or come un-done:**

*Dental wax* - press wax against wire or bracket to prevent poking into the cheek or lip.

### **6. Foreign body jammed under gum and/or between teeth:**

*Floss and Peroxide* - Try to floss out the debris and then flush out with a mixture of half peroxide and half water. Apply Benzodent.

### **7. Denture breaks:**

*Denture Repair Kit* - Comes with a pink powder and a liquid to mix up an acrylic material to repair cracked dentures or to re-attach a denture tooth to the prosthesis.

**Important tip:** Travel with a copy of your most recent dental x-rays. If your dentist has digital x-rays, they will be on plain photo copy paper; otherwise, a duplicate set on x-ray film will work just fine. This way if you wind up in a grass hut seeing the local witchdoctor/dentist/voo-doo man, they will at least know what kind of dental work you have in your mouth and which teeth are real and which are prosthetic - such as bridge work, implants and crowns.