

Dental First Aid Kit for Families

Dental emergencies can happen anytime, anywhere—whether your child is on the playground, at a game, or riding in the car. A well-stocked dental first aid kit can help you manage common dental issues until you can get professional care.

We recommend keeping a dental first aid kit in your home and in your car so you are always prepared.

What To Include in Your Dental First Aid Kit

For Home and Travel

1. **Clean container or zip pouch:** To keep all items organized and easy to transport.
2. **Sterile gauze pads:** To control bleeding from the mouth or gums.
3. **Cotton balls or cotton rolls:** Useful for soaking up blood or keeping a knocked-out tooth moist.
4. **Dental mirror and flashlight:** To check the back of the mouth or examine injury sites more easily.
5. **Disposable gloves:** Always use gloves when handling blood or a knocked-out tooth.
6. **Tooth preservation solution:** To protect a knocked-out tooth until you can get to the dentist. If unavailable, cold milk is a good alternative.
7. **Small, clean container with a lid:** To hold a lost tooth or piece of broken tooth.
8. **Orthodontic wax:** Helps relieve irritation from broken braces or poking wires.
9. **Over-the-counter pain relief:** Children's acetaminophen or ibuprofen (age-appropriate dose) for temporary relief.
10. **Orajel or other numbing gel (Optional):** Can ease gum irritation or toothache pain (do not use for children under 2).
11. **Cold compress or instant ice pack:** To reduce swelling or bruising.
12. **Tweezers:** Helpful for removing small debris from the mouth.
13. **Dental floss:** Use to gently remove trapped food that may be causing pain.
14. **Emergency contact info:** Keep your pediatric dentist's phone number and your dental insurance information in the kit.

When To Call Your Dentist

Call us at **(727) 914-6611** if your child experiences:

- A knocked-out permanent tooth
- A chipped or cracked tooth
- Severe tooth pain or swelling
- Bleeding that will not stop

- Trauma to the mouth or jaw

Store Your Kit in an Accessible Spot

Keep your dental first aid kit somewhere easy to grab; a kitchen cabinet, bathroom drawer, diaper bag, or glove compartment.

For questions or dental emergencies, contact Sunny Smiles Pediatric Dentistry in St. Petersburg, FL.