

A woman with long, wavy blonde hair and blue eyes is shown in a close-up, looking slightly to the left with a worried expression. Her hand is pressed against her cheek. In the background, a dental professional in blue scrubs is partially visible. The overall scene is set in a bright, clinical environment.

**Common Dental
Emergencies
and How to
Handle Them**

ABSTRACT

Dental emergencies include accidents involving your teeth or mouth, toothache, bleeding, infections and swelling. Always seek dental treatment when a dental emergency occurs to improve the chance of saving the tooth or teeth and preventing infections occurring or becoming more serious.

INTRODUCTION

Any dental emergency like an injury to the teeth or gums can be potentially serious and should not be ignored. Ignoring a dental problem can increase the risk of permanent damage as well as the need for more extensive and expensive treatment later on.

I. Emergency dental

Ideally you should seek treatment from a dentist in an emergency, however if unable to see a dentist, a hospital emergency department may be able to provide the treatment needed to save the tooth.



Seeking emergency assistance

If you're unsure whether it's a dental emergency, try this teeth and dental symptom checker.

Public dental services are available to eligible Queenslanders. Find out whether you're eligible and access information on public dental clinics in your area.

You can also search for private dental clinics, some may be open later hours or have on-call dentists available to treat dental emergencies.

What to do in various types of dental emergencies

The following provides information on what to do if a dental emergency occurs:

- knocked out tooth
- toothache
- abscesses and swelling
- chips, fractures and cracks
- bitten lips or cheeks
- cheek or gum injury and bleeding
- jaw pain

Knocked out tooth

If an **adult** (permanent) tooth is knocked out, it can be saved but immediate action is required.

- Remain calm and find the tooth.
- Handle the top of the tooth only (the white part you normally see outside the gum). Never hold the tooth by its roots.
- Do not scrape, rub or remove any tissue fragments from the tooth.
- Make sure the tooth is clean. If the tooth is dirty, rinse it in milk or contact lens saline solution. Alternatively, the owner can gently suck the tooth although this is not recommended for young children or adults who are unconscious, in shock or not calm and cooperative.
- Immediately replant the tooth in the socket until you hear a click or the tooth is level with the other teeth. Bite down on a clean cloth to help hold the tooth in place.

Toothache

- Rinse the mouth with warm water to remove food debris
- If swelling is present, place a cold compress to the outside of the cheek (do not use heat)
- Control moderate pain with over-the-counter pain medication
- Do not place aspirin on the gum or aching tooth. Aspirin can cause the soft tissue to burn.
- Seek dental treatment as soon as possible.



Abscesses and swelling

Dental abscesses are pus-filled swellings caused by infection inside a tooth, infection of the gum or trauma to the tooth. If you have a tooth abscess, you may experience:

- a toothache
- pus
- red, swollen gums or face
- a bad taste in your mouth or bad breath
- fever
- teeth sensitivity to hot or cold food and drink
- swollen glands in the neck
- swollen upper or lower jaw, which indicates serious infection
- difficulty swallowing or opening your mouth
- nausea or vomiting

See your dentist as soon as you can, an abscess will not heal itself and can become very serious if left untreated.

Seeking treatment

Abscesses can sometimes be painful and can progress to cause facial swelling or enlarged lymph glands. In rare cases, dental abscesses can cause more widespread infection and may be life threatening.

See your dental practitioner as soon as possible if you have an abscess. If you are experiencing facial swelling, seek treatment immediately from your dental practitioner or GP.

Easing pain and discomfort

While waiting to see your dental practitioner, you can ease the pain and discomfort by:

- Taking pain medicine to reduce your pain. Take this in the usual way and do not apply the medication to the abscess itself unless directed by a healthcare professional.
- Use cold compresses to help control swelling.
- A dental practitioner or GP may prescribe antibiotics to reduce infection, however antibiotics will not remove the source of infection.

Chips, fractures and cracks

If a tooth is chipped, fractured or cracked, seek dental treatment as soon as possible.

If the chip or fracture is only minimal and there is no soft tissue trauma and no pain, do not panic. See your dental practitioner as soon as you can.

If the damage to the tooth is more extensive, look for any signs of 'pink' as this indicates the nerve is exposed. If the nerve is exposed, seek immediate dental treatment. Delaying treatment may mean the tooth will be unable to be saved.

Bitten lips or cheeks

A lip or cheek can be bitten while eating, because of a fall, or after a local anaesthetic. The area may be very sore and swelling and infection can occur. If a numb lip or cheek is sucked, bitten or rubbed, it can be damaged without the patient realising it.

The area often looks like a chemical burn and may be misdiagnosed as such. Swelling and infection can occur because of a bitten lip or cheek.

You can treat a bitten lip or cheek with warm, saltwater mouth rinses to promote healing (half a teaspoon of salt in a cup of lukewarm water).

Seek treatment from a dental practitioner or GP if you are concerned an infection present.

Lip, cheek or gum injury and bleeding

If you experience an injury to the lip, cheek or gums you should:

- Apply a clean bandage or folded handkerchief to the wound and apply firm pressure.
- Sit down and maintain the pressure for at least 10 minutes. Don't lie down flat.
- If the bleeding cannot be controlled, seek immediate medical attention.

- If you are able to control the bleeding, use warm, saltwater mouth rinses until the wound has healed to reduce the risk of infection (half a teaspoon of salt in a cup of lukewarm water).
- Apply a cold compress to relieve swelling and pain.
- Seek dental or medical advice.

Jaw pain

If you are having trouble eating or opening your mouth due to jaw pain, or you experience jaw pain when waking, seek medical or dental treatment to diagnose the source of the pain.

To alleviate jaw pain in the short term:

- apply a cold compress (an ice pack wrapped in a cloth)
- take pain medicine.

II. 11 Common Teeth Problems

Common teeth problems can often be prevented. It takes brushing twice a day, flossing daily, eating a healthy diet, and regular dental check-ups to maintain good oral health and avoid issues such as:



- Tooth decay
- Infections of the gum, tooth, or root
- Erosion
- Sensitivity
- Crooked teeth

Educating yourself about common dental problems and their causes can also go a long way in preventing problems.

This article looks at eleven common dental problems plus how they're prevented and treated.

Bad Breath

Bad breath, or halitosis, can be embarrassing. Studies say a dental condition is to blame in about 85% of people with persistent bad breath.¹ They may include:

- Gum disease
- Cavities
- Oral cancer
- Dry mouth
- Bacteria on the tongue

Mouthwash only masks the odor caused by these problems. If you have chronic bad breath, visit your dentist to see what's behind it.

Tooth Decay

Tooth decay (cavities) is the most common health ailment. It is especially common among people who lack regular access to health care.

Tooth decay occurs when plaque combines with sugars and/or starches of the food you eat. The combination produces acids that attack tooth enamel.

You can get cavities at any age; they aren't just for children. Aging and normal enamel erosion can cause them. So can dry mouth due to age, illness, or medications.

The best way to prevent tooth decay is by brushing twice a day, flossing daily, and getting regular dental check-ups. Also, eat healthy foods and avoid high-sugar snacks and drinks.

Ask your dentist about more ways to keep your teeth healthy.

Gum (Periodontal) Disease

Gum disease is an infection in the gums around your teeth. It's also a major cause of adult tooth loss. Some studies show a link between gum disease and heart problems.

Everyone's at risk for gum disease. But it's most common after age 30. Smoking is a significant risk factor along with health conditions such as diabetes and dry mouth.

The symptoms include:

- Bad breath
- Red, swollen, tender, or bleeding gums
- Sensitive teeth
- Pain when chewing

Gingivitis is the technical name of gum disease. Periodontitis is advanced gum disease. Regular dental check-ups, brushing, and flossing can prevent them.

See your dentist if you have any signs of gum disease. Treatment can prevent problems such as tooth loss.

Oral Cancer

Oral cancer is a serious and deadly disease. It affects millions of people and is more common after age 40.

Someone dies of oral cancer every hour. But this disease is often curable if it's diagnosed and treated in the early stages.

Risk factors for oral cancer include:

- Smoking or chewing tobacco
- Alcohol use
- Human papillomavirus (HPV)
- Poor nutrition
- Genetic syndromes

The symptoms of mouth or throat cancer include:

- Sores
- Lumps
- Rough areas in the mouth
- Change in your bite
- Difficulty chewing or moving your tongue or jaw

Regular dental visits can help catch oral cancer early. Ask your dentist whether an oral cancer exam is part of their usual checkup.

Mouth Sores

Several types of mouth sores can be bothersome. They're usually nothing to worry about unless they last more than two weeks.

Common mouth sores include:

Canker sores (aphthous ulcers): These occur inside the mouth and not on the lips. They aren't contagious and can be triggered by many different causes.

Fever blisters/cold sores: Caused by the *Herpes simplex* virus, they occur on the edge of the outer lips. They're contagious. They come and go but can't be cured.

Thrush (oral candidiasis): Yeast infection sores in the mouth can occur in infants, denture wearers, people with diabetes, and people treated for cancer.

Tooth Erosion

Tooth erosion is the loss of tooth structure. It's caused by acid attacking the enamel.

Symptoms can range from sensitivity to more severe problems such as cracking. Tooth erosion is common but easily preventable with proper oral care.

Tooth Sensitivity

Tooth sensitivity is a common problem. It affects millions of people. Sensitivity involves pain or discomfort from:

- Sweets
- Cold air
- Hot drinks
- Cold drinks
- Ice cream

Sensitive teeth can make it painful to brush and floss. But sensitive teeth can be treated. So talk to your dentist about it.

Sensitivity can be a sign of a cracked or abscessed tooth. Those need to be treated by a dentist. Otherwise, you risk losing a tooth or getting an infection in your jawbone.

If you suddenly develop tooth sensitivity, make a dentist appointment. They can see if you have a problem that needs to be treated.

Toothaches and Dental Emergencies

Dental emergencies can be painful and scary. They require urgent treatment just like any emergency.

Common problems that require an urgent trip to the dentist include:

- A broken or cracked tooth
- An abscessed tooth
- Losing a tooth knocked in an accident

Call your dentist right away about any of these issues. Even on weekends and evenings, they should have someone on call to handle emergencies.

Get Urgent Medical Attention For:

- A broken or dislocated jaw
- Severe cuts to your tongue, lips, or mouth
- A tooth abscess that causes difficulty swallowing
- Facial swelling

Unattractive Smile

An unattractive smile isn't technically a "dental problem." But it is a major reason some people go to the dentist.

Not liking your smile can be hard on your self-esteem. Luckily, with today's tools and techniques, it's often fixable.

Cosmetic changes may include:

- Teeth whitening
- Dental implants
- Orthodontics (e.g., braces, retainers)
- Other cosmetic dental work

Root Infection

Long-lasting, throbbing tooth pain is a sign that you have an infection in the tooth's root. This type of infection develops if tooth decay or damage to a tooth is not properly treated. Bacteria invade and weaken the root of a tooth, which is the part of the tooth under the crown. It forms an anchor for the tooth and extends towards the jaw bone.

If you develop a root infection, you need to have root canal treatment. During this type of medical treatment, the bacteria is removed from the canal; the tooth is then sealed with a crown or filling.

Root canals can result in partial healing of the tissue around the tooth or a complete healing. Research shows an average of 76.7% of cases are completely healed.¹¹ A

successful root canal will alleviate pain and sensitivity, allowing you to eat better, complete regular oral hygiene routines, and avoid further infections.

Teeth Grinding

Teeth grinding, also known as bruxism, occurs when you grind your teeth together, especially at night, and don't realize it. This exerts up to hundreds of pounds of force on your teeth and jaw, which can lead to dental and other health problems over time such as.

- Cracked teeth
- Flattening of the jaw
- Jaw and neck pain
- Headaches

Treatments for teeth grinding include night guard mouthpieces and dental splints. These will not stop grinding, but they will prevent damage to the teeth. Sleep aid medication may also be prescribed because they reduce muscle activity which can slow down or stop nighttime grinding.

Stress is sometimes a trigger for teeth grinding. Cognitive behavioral therapy or other stress-reducing treatments may help you to stop grinding your teeth.

Most common dental problems can be avoided if you:

- Brush your teeth twice a day
- Floss everyday
- See your dentist regularly
- Don't smoke
- Get help for any problems you notice, such as mouth sores or rough spots

Make appointments with your dentist when problems arise. Be sure to let them know about any pain or sensitivity you're having. And get urgent help for dental emergencies.

III. Handling Dental Emergencies

Here's a quick summary of what to do for some common dental problems.

Toothaches

First, thoroughly rinse your mouth with warm water. Use dental floss to remove any lodged food. If your mouth is swollen, apply a cold compress to the outside of

your mouth or cheek. Never put aspirin or any other painkiller against the gums near the aching tooth because it may burn the gum tissue. See your dentist as soon as possible.

Chipped or broken teeth

Save any pieces. Rinse the mouth using warm water; rinse any broken pieces. If there's bleeding, apply a piece of gauze to the area for about 10 minutes or until the bleeding stops. Apply a cold compress to the outside of the mouth, cheek, or lip near the broken/chipped tooth to keep any swelling down and relieve pain. See your dentist as soon as possible.

Knocked-out tooth

Find the tooth, hold it by the crown (the part that is usually exposed in the mouth), and rinse off the root with water if it's dirty. Do not scrub it or remove any attached tissue fragments. If possible, try to put the tooth back in place. Make sure it's facing the right way. Never force it into the socket.

If you can't put the tooth back into the socket, hold it in the mouth on the way to the dentist, or put it in a small container of milk or a product containing cell growth medium, such as Save-a-Tooth. See your dentist as quickly as possible. Knocked-out teeth have the highest chances of being saved if they're seen by the dentist and returned to their socket within 1 hour of being knocked out.

Extruded (partially dislodged) tooth

See your dentist right away. Until you reach your dentist's office, to relieve pain, apply a cold compress to the outside of the mouth or cheek in the affected area. Take an over-the-counter pain reliever (such as Tylenol or Advil) if needed.



Objects caught between teeth

First, try using dental floss to very gently and carefully remove the object. If you can't get the object out, see your dentist. Never use a pin or other sharp object to poke at the stuck object. These instruments can cut your gums or scratch your tooth surface.

Lost filling

As a temporary measure, stick a piece of sugarless gum into the cavity (sugar-filled gum will cause pain) or use an over-the-counter dental cement. See your dentist as soon as possible.

Lost crown

If the crown falls off, make an appointment to see your dentist as soon as possible and bring the crown with you. If you can't get to the dentist right away and the tooth is causing pain, use a cotton swab to apply a little clove oil to the sensitive area (clove oil can be purchased at your local drug store or in the spice aisle of your grocery store). If possible, slip the crown back over the tooth. Before doing so, coat the inner surface with an over-the-counter dental cement, toothpaste, or denture adhesive, to help hold the crown in place. Do not use super glue!

Broken braces and wires

If a wire breaks or sticks out of a bracket or band and is poking your cheek, tongue, or gum, try using the eraser end of a pencil to push the wire into a more comfortable position. If you can't reposition the wire, cover the end with orthodontic wax, a small cotton ball, or piece of gauze until you can get to your orthodontist's office. Never cut the wire, as you could end up swallowing it or breathing it into your lungs.



Loose brackets and bands

Temporarily reattach loose braces with a small piece of orthodontic wax. Alternatively, place the wax over the braces to provide a cushion. See your orthodontist as soon as possible. If the problem is a loose band, save it and call your

orthodontist for an appointment to have it recemented or replaced (and to have missing spacers replaced).

Abscess

Abscesses are infections that occur around the root of a tooth or in the space between the teeth and gums. Abscesses are a serious condition that can damage tissue and surrounding teeth, with the infection possibly spreading to other parts of the body if left untreated.

Because of the serious oral health and general health problems that can result from an abscess, see your dentist as soon as possible if you discover a pimple-like swelling on your gum that usually is painful. In the meantime, to ease the pain and draw the pus toward the surface, try rinsing your mouth with a mild salt water solution (1/2 teaspoon of table salt in 8 ounces of water) several times a day.

- Soft-tissue injuries. Injuries to the soft tissues, which include the tongue, cheeks, gums, and lips, can result in bleeding. To control the bleeding, here's what to do:
 - Rinse your mouth with a mild salt-water solution.
 - Use a moistened piece of gauze or tea bag to apply pressure to the bleeding site. Hold in place for 15 to 20 minutes.
 - To both control bleeding and relieve pain, hold a cold compress to the outside of the mouth or cheek in the affected area for 5 to 10 minutes.
 - If the bleeding doesn't stop, see your dentist right away or go to a hospital emergency room. Continue to apply pressure on the bleeding site with the gauze until you can be seen and treated.

IV. Everything You Need to Know About Toothaches

A toothache is pain that you feel in or around your tooth. Most often, toothache pain is a sign that there's something wrong with your tooth or gums. Sometimes, however, toothache pain is referred pain. That means the pain is caused by a problem elsewhere in your body.

You should never ignore toothaches. Toothaches caused by tooth decay can get worse if left untreated. Toothaches are usually not life-threatening, but in some cases, they can be signs of serious conditions that require immediate medical treatment.

What do toothaches feel like?

Toothache pain can range from mild to severe, and it may be constant or intermittent.

You may feel:

- throbbing pain or swelling in or around your tooth or gum
- fever
- sharp pain when you touch your tooth or bite down
- tenderness and achiness in or around your tooth
- painful sensitivity in your tooth in response to hot or cold foods and drinks
- burning or shock-like pain, which is uncommon

Underlying causes of toothaches

Common causes of toothaches

Tooth decay is the most common reason for toothaches. If tooth decay goes untreated, an abscess can develop. This is an infection near your tooth or in the pulp inside your tooth.

See your dentist right away if you think you have a dental abscess. In rare cases, the infection can spread to your brain, which can be life-threatening.



A toothache can also be caused by an impacted tooth. This happens when one of your teeth, usually a wisdom tooth, is stuck in your gum tissue or bone. As a result, it can't erupt, or grow in.

Common causes of referred pain toothaches

Sinusitis is a condition in which your sinuses become inflamed due to a viral, bacterial, or fungal infection in your sinus cavity.

Because the roots of your upper teeth are close to your sinuses, sinusitis can cause pain in your upper teeth.

Less common causes of referred pain toothaches

Heart disease and lung cancer can also cause toothaches. In some cases, toothache may be a warning sign of a heart attack.

Heart and lung disease can cause toothache pain due to the location of your vagus nerve. This nerve runs from your brain to the different organs in your body, including your heart and lungs. It passes through your jaw.

Rare causes of referred pain toothaches

Trigeminal neuralgia and occipital neuralgia are painful neurological conditions that cause your trigeminal and occipital nerves to become irritated or inflamed.

These nerves service your skull, face, and teeth. When they become inflamed, pain can feel like it's coming from your teeth.

Treating toothaches

Toothaches usually require medical treatment. Home treatment may temporarily relieve your pain while you wait for your dentist or doctor's appointment.

Dental treatment

Most people go to a dentist for a toothache, since most toothaches are caused by problems with your teeth.

Your dentist will use X-rays and a physical exam of your teeth to detect tooth decay or other dental problems. And they may give you pain medication and antibiotics to treat an infection.



If your toothache is due to tooth decay, your dentist will remove the decay with a drill and fill the space with dental materials. An impacted tooth may require surgical removal.

If your dentist can't find the cause of your toothache, they may refer you to a doctor for further diagnosis and treatment.

Sinusitis treatment

Your doctor may treat sinusitis with antibiotics or decongestant medications. In rare cases, you may need to undergo surgery to open your nasal passages. In this case, your doctor will refer you to a specialist.

Treatment for trigeminal neuralgia and occipital neuralgia

There's no cure for these conditions. Treatment usually consists of relieving your pain with medications.

Treatment for heart attack, heart disease, and lung cancer

If your dentist suspects that you're having a heart attack, they'll send you to the emergency department. If your dentist suspects that you have heart or lung disease, they'll refer you to a doctor for further testing.

Home treatment

Things that may help temporarily relieve your tooth pain include:

- over-the-counter (OTC) pain medication, such as aspirin
- OTC topical dental pain medication, such as benzocaine (Anbesol, Orajel)
- OTC decongestants, such as pseudoephedrine (Sudafed), if your pain is due to sinus congestion
- clove oil applied to your aching tooth

Check with your doctor or dentist before using any product with benzocaine. Children under 2 shouldn't use any products containing benzocaine.

When a toothache is an emergency

Seek emergency treatment if you have the following symptoms, along with a toothache:

- swelling in your jaw or face, which may be a sign that your tooth infection is spreading

- chest pain, shortness of breath, lightheadedness, or other signs of a heart attack
- wheezing, a cough that won't go away, or coughing up blood
- trouble breathing and swallowing, which may be signs of lung cancer

How to prevent toothaches

To help prevent toothaches, brush and floss your teeth at least twice a day and get dental checkups and cleanings twice a year, or as often as recommended by your dentist.



You can help keep your heart and lungs healthy by not smoking, eating a low-fat and high-fiber diet, and exercising at least 30 minutes a day, 5 times a week. Get your doctor's permission before starting an exercise routine.

V. When do you need an emergency dentist?

A dental emergency is hard to recognise because most oral issues start with shooting pain. However, you cannot let it go because ignoring a serious condition can lead to damaging consequences.



Alternately, if you blow a small thing out of proportion, it can make you book a needless consultation with the emergency dentist. Thus, it is vital to understand when you need to visit the emergency room and when you can wait.

Dental emergencies can take place anywhere and at any odd hour. It can be challenging to find a dentist at the exact time. So, it is vital to understand when you need immediate professional attention and what to do until you reach the dental clinic. Let us help you by explaining everything you need to know about dental emergencies.

1. Dental Injury

Dental trauma occurs when you get physically wounded during an accident, fighting, taking a fall or collision while playing a sport. Such incidents can impact teeth, gums and the bone that holds the tooth in the mouth.

Some of the common dental injuries include fractured or broken teeth, chipped teeth, intrusion (tooth digs into the socket), subluxation (loosening of the tooth), jaw fracture, and deep cuts in the gums or lips.

All these are emergencies that need to be examined by the dentist. If you have felt a deep impact on your teeth followed by severe pain or bleeding, you should not ignore it. It is best to reach the emergency room if you are bleeding profusely or have developed swelling or are finding it difficult to breathe after an injury.

2. Swollen Mouth

If you notice swelling or inflammation of your mouth or face, you need to go to the emergency room. Usually, swelling occurs in response to an infection in the mouth, gum disease or swelling of lymph nodes.



If not treated at the earliest, the infection can enter the bloodstream and reach the patient's heart, leading to a more serious health problem. A swollen mouth is also one of the symptoms of oral cancer.

So, if there is no apparent reason for the swelling, you must get it checked. If it is accompanied by fever, trouble with breathing, and a bad taste in the mouth, you must contact the emergency professional Hope Island dentist.

3. Unbearable Pain

Many people need clarification about whether they should go to an emergency during toothache. Pain that subsides after some time or is bearable can wait until you book an appointment with your dentist in Hope Island. However, if you are feeling excruciating pain that is hard to tolerate, you need to go to the emergency room.

Sometimes the pain could be due to a food particle stuck in the teeth. You must brush and floss to check if the pain subsides. However, if it doesn't change, you should visit your practitioner.

4. Tooth Loss

A knocked-out tooth is a dental emergency and can happen because of injury or infection. It is vital to put the tooth back into the socket by holding it from the top and avoiding touching the root.



If reinserting is too painful, the tooth must be rinsed to remove any dirt or blood and placed in a container with milk or saliva until you reach the clinic. To stop the bleeding from the socket, place wet gauze on it and bite on it firmly for as long as the bleeding stops.

5. Broken Crown

A crown is a cap fixed over a damaged tooth after its treatment to protect it from further decay and allow chewing of food without any problem. It can break when you eat hard foods like ice or nuts.

A broken crown should not be ignored because it exposes the root and the tooth and makes it sensitive towards hot and cold foods. It is considered a dental emergency if the broken crown has sharp edges that can cause abrasions on the walls of the cheeks and the tongue.

6. Dental Abscess

A dental abscess is a bag of pus that appears around the tooth because of a bacterial infection. It can appear at the tip of the root or in the gums. The abscess on the tip results from cavities that are ignored for a long time.

A dental abscess can cause throbbing toothache, which can move to the neck and ear if not treated promptly. If you notice the pus bag accompanied by fever and pain, you must rush to the emergency to get it treated.

7. Bleeding Gums

Slight bleeding while brushing or flossing once in a while is normal because you might have applied too much pressure on the gums. However, if it is a persistent problem, it could be due to cavities or gum disease and should be examined by your dentist. It is necessary to get your teeth checked for optimum dental health.



If you notice random bleeding without any pressure applied to the gums, you need to get it checked immediately. In addition, profuse bleeding also needs an emergency dentist. They will examine your mouth, take an x-ray and diagnose the problem to offer the required treatment.

Dental emergencies can be agonising and leave you anxious. It is vital to maintain calm and visit your emergency dentist with a friend or family member. Do not wait too long if you are bleeding or have insufferable pain.

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