KNOCKED-OUT ADULT TOOTH

Act within 30 minutes

1. **Find the tooth.** Pick it up by the white top (crown), never the root.
2. **If it's dirty,** rinse for a few seconds in milk or cold water. Don't scrub. Don't wrap it in tissue.
3. **Push it gently back** into the socket and bite on a clean cloth to hold it.
4. **Can't put it back?** Keep it in milk, or in the cheek (adults only). Never let it dry out.
5. **Call an emergency dentist now.** Elk Grove Emergency Dentist, (916) 691-5330. Open Saturdays.

> **Baby tooth knocked out?** Do NOT put it back. Keep the tooth, press gauze on the gum, and call.

(916) 691-5330

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