

CAMP HILL, Pa. (July 18, 2024) – Vacations are the best way to relax, however, that doesn't mean they are accident-proof. Dental emergencies can still occur, even when oral health care is not readily available. United Concordia Dental provides recommendations this summer on dealing with four common problems until you can get the proper care:

- **Damaged tooth.** Rinse your mouth with water and then use a cold compress to reduce any swelling. If the tooth is cracked or broken, avoid hard and sticky foods, and see a dentist as soon as possible.
- **Total knock-out.** For permanent adult teeth, handle the tooth with care and gently rinse it clean with water. Then, keep the tooth moist in milk until a dentist can be seen. If a child's baby tooth is knocked out, control bleeding with a cold compress and call the dentist for an appointment to make sure there's no damage to the gums.
- **Damaged braces.** For a loose or broken braces bracket, use orthodontic wax, which can be found at a pharmacy, to hold it in place. If a bracket has fallen off completely, keep it and see an orthodontist. When a dislodged wire is poking your mouth, apply orthodontic wax to the exposed end to prevent pain and hold it in place until you can get it repaired. Clip any protruding wires close to the bracket with sterile nail clippers, covering any rough edges with wax. If you have any of these problems, see an orthodontist right away. These solutions are temporary, and your teeth could move without you realizing it.
- **Dislodged crown.** If a crown falls out, clean and keep it, and see a dentist at your earliest convenience. Until then, brush gently and avoid chewing in that area.

"When dealing with a dental emergency, your first instinct might be to visit the ER or an urgent care center, however, these facilities can be costly and may not be properly equipped to treat oral health issues," said Katie Deffke, DDS, dental director, United Concordia Dental. "Delaying treatment can cause serious complications, so it's important to call your dentist promptly for instructions on managing the problem."

If you're unsure whether your situation is a true emergency, or when experiencing symptoms like difficulty breathing, heavy bleeding, severe pain or a high fever that medicine can't reduce, call 911 or go to the ER.

Here are some [tips](#) to help you keep your teeth healthy and avoid dental emergencies all summer long.

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