How to Identify and Prevent Dental Emergencies?

Dental emergencies are a big problem that can affect your health and well-being, especially if you don't know how to identify them on time before it's too late.

According to the American Dental Hygienists Association ([ADHA](#)), around 80% of American citizens suffer from gum disease.

The same study also shows that nearly 80% of Americans have at least one cavity when they reach the age of 17.

This trend means that many Americans can suffer from dental emergencies and have health problems in the future.

That's why you must know what dental emergencies are, how to identify them, and understand the different ways you can prevent them.

What is Considered a Dental Emergency?

A dental emergency is considered any problem in your teeth that causes severe pain and shows unusual symptoms in your mouth that can affect your health in the long run.

These dental emergencies can occur due to accidents, lack of oral hygiene, or health complications.

They all require medical attention from a dentist and can be potentially dangerous if you don't treat them on time.

How to Identify a Dental Emergency?

You can identify a dental emergency by noticing any physical abnormalities in your mouth that happen consistently, like **swelling, loose teeth, bleeding, or tooth discoloration.**

You can also identify them by noticing different symptoms in your body, including **persistent bad breath, severe tooth pain, unnatural taste in the mouth, tooth sensitivity, or constant headaches.**

Once you have one of these physical abnormalities or present multiple of these symptoms, you need to consult with a professional dentist immediately before your situation gets worse.

Types of Dental Emergencies

You need to understand the different dental emergencies you can have, especially if you present any symptoms of pain or discomfort in your teeth.

Some of these dental emergencies can cause problems in your everyday life, making you unable to eat, sleep or even speak appropriately without grimacing in pain.

Other dental emergencies can create serious health problems in the long term and leave your teeth with permanent damage if you don't take care of them.

This is why you need to immediately identify these problems in your teeth and treat them as soon as possible.

Here are some of the most frequent dental emergencies that people have worldwide.

- Toothache
- Aching or Bleeding Gums
- Cracked, Chipped, or Broken Tooth
- Knocked Out Tooth
- Damaged or Lose Crowns
- Abscess in the Teeth

Toothaches

Toothache is an ordinary dental emergency people have in their teeth after they become injured, infected, or have caries.

You can quickly identify it by noticing an acute pain in your mouth that lasts many hours, days, or weeks.

If you get these symptoms, you must visit a dentist immediately before having more complications that can potentially create serious health problems and affect your everyday life.

Aching or Bleeding Gums

Aching or bleeding gums is an early sign of **gingivitis**, which causes swelling, pain, and bad breath in the initial stages.

This dental emergency can lead to a more severe disease called **periodontitis** which affects the bones in the jaw and makes you lose your teeth in the end.

The best way to prevent this disease is to have good oral hygiene and get a few routine checks on your teeth every single year.

Cracked, Chipped, or Broken Tooth

This dental emergency is found in people who forcefully put pressure on their teeth when chewing food and those who reach 50.

It can also appear because of trauma during an accident while falling to the ground, having a fistfight, or playing different sports.

In any of these situations, when trauma occurs, you must always check your teeth with your tongue and see if they are cracked, chipped, or broken.

After you confirm any problems in your teeth, you need to put an ice pack in the affected zone to prevent swelling and go straight to the dentist to treat this problem as soon as possible.

Knocked Out Tooth

You can get your teeth knocked out if you receive a strong hit or impact to your mouth during a heated brawl or when playing a competitive sport like boxing or American football with other people.

When this happens, you need to cover the wound with a clean handkerchief and apply pressure to avoid any more bleeding.

After this, you must find your teeth and head to the dentist immediately. If you do this, you can still put them back into their sockets and have them fixed as if nothing happened.

However, this depends on how quickly you can take action after getting your teeth knocked out and how fast you get medical treatment.

Damaged or Lose Crowns

Damaged or lose crowns will become a dental emergency you must take care of after you have them on for a long time.

Once your crowns wear out and start to fall, your damaged teeth will be exposed to different bacteria creating more problems for your health.

If this is the case, you need to make an appointment with a certified dentist and get them fixed before they get infected and put your health at risk.

Abscess in the Teeth

The abscess is one of the most severe dental emergencies since it occurs near the root of your teeth and produces an infection that, if left untreated, can become life-threatening.

This happens when the bacteria enter your teeth, thanks to a weak spot when they are injured. It can also happen when your teeth have food or anything else stuck between your gums.

During an abscess, you will experience high fevers, severe pain, and swelling in your face, making swallowing food and breathing difficult.

To prevent the abscess, you need to clean your teeth every day and do regular checks with a dentist, especially if you have caries or injuries in your mouth.

In short, dealing with these dental emergencies can be difficult if you don't identify them on time. This is why you must check for symptoms and abnormalities in your mouth and get the [emergency dental care](#) necessary as soon as you discover any problem.