

Tooth Talk

Dental Emergency: What to Do

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Siletz Community Health Clinic

What is a dental emergency? When a tooth is broken, knocked out, or causing severe pain (toothache). Here is what to do in the event of a dental emergency.

BROKEN TOOTH:

Gently clean dirt from the injured area with warm water. Place cold compresses on the face, in the area of the injured tooth, to decrease swelling. Go to the dentist immediately.

KNOCKED-OUT TOOTH:

Rinse the tooth gently in running water. Do NOT scrub it or remove any pieces of attached tissues. Gently insert and hold the tooth in it's socket. If this is not possible, place the tooth in a cup of milk or a cup of cool water. Go to the dentist IMMEDIATELY (within 30 minutes if possible). Don't forget to bring the tooth. In some cases, the tooth can be successfully re-implanted.

TOOTHACHE:

Rinse the mouth with warm water to clean it out. Use dental floss to remove any food that might be trapped between the teeth. Do NOT place aspirin on the aching tooth or gums next to the tooth. Aspirin is very acidic and can cause severe burns on the gums. See your dentist as soon as possible. (Immediately if face is swollen).

BITTEN TONGUE OR LIP:

Apply direct pressure to the bleeding area with a clean cloth. If swelling is present, apply cold compresses (ice will work). IF bleeding does not stop in 15 minutes, or the cut is large or deep, go to the nearest hospital emergency room.

POSSIBLE BROKEN JAW:

Do not move the jaw. Secure the jaw in place by tying a handkerchief, necktie, or towel around the jaw and up over the top of the head. If swelling is present, apply cold compresses (ice). Go immediately to the nearest hospital emergency room.

The best way to deal with a dental emergency is to prevent them! Here's how:

- Remind young children to NEVER push or shove at the drinking fountain at school. (sinks break teeth).
- Be aware of how close others are to you when swinging sports equipment (baseball bats or golf clubs). When working with tools such as hammers, be aware if others are standing nearby.
- Sport mouthguards can easily be made by the dentist to protect teeth from injury during school sports (basketball, football, volleyball, soccer).
- Go to the dentist when you first realize there is a problem with a tooth. Don't wait until the tooth becomes abscessed. This is the dental emergency that can be prevented by not putting off the trip to the dentist!



Challenge Course

By: Walt Klamath Outpatient
Counselor

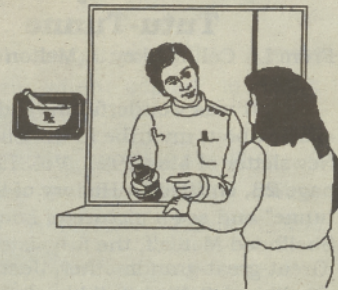
The Siletz Tribal Alcohol and Drug Program has installed a Challenge Course in the Siletz Area. It has been installed on the Groom's Property in the forested section. It is in a nice location. All segments have been anchored to trees.

There are several rope activities set up at this time. Many are the low ones. These are from six inches to a foot above the ground. These cables are not like the tight line ropes as seen in the circuses. They are quite wobbly.

Then we have several activities that are on the high wires. These range from 20 feet, give or take. Depends where you are looking from. Looking up 10 feet, looking down 100 feet. Anyway they are thrilling to say the least. One of the activities is rappelling. This is the highest. It is a little intimidating as it is a 60 foot high activity, however the tree is on the crest of the hill and it is a long way down to the bottom on that side.

These activities are all set up to build confidence in self, to build trust of other people, that they will be there if needed. These are all structured to the Alcohol and Drug Program. They are not set up just to have fun. After each activity there is a briefing on the feelings experienced on how they felt about the people that were tending them.

Everything is built with safety in mind. No one has ever been hurt on the high activities. There has been a turned ankle on the low ones. After all, who can get hurt six inches off the



PHARMACY HOURS:

TUESDAYS:

8:00AM-12:30PM

MON, WED, THUR, FRI:

8:00AM-12:30PM

2:00PM-5:00 PM

**PLEASE GIVE US 48
HOURS NOTICE FOR
ROUTINE REFILL
REQUESTS.
THANK YOU.**

ground. So, there is a tendency to disregard the support on the low courses.

On the high courses there is always one person that has a rope connected to them. The belayer, that person has control over how fast the one that is in the air will come down. There is always one with the belayer to maybe hold him/her on the ground. Some of the activities requires that 10 be on the rope. One has a post that is used to belay the person down. There is always a connection with someone on the ground, the ground crew never let go of the rope. The big problem is building trust in the ones on the ground.

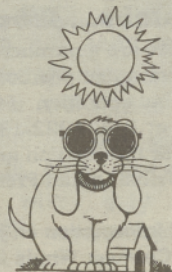
The ground crew too, have to be trained on what they do and what to expect. The unexpected has to be the expected. When the flyers do let go, or miss their target and seem to free fall for a while, they are not free falling, the ropes have a 7 percent stretch. This is engineered so the faller will clear any obstacle that may be in the way.

We will be taking A/D clients through this course, and eventually other organizations will be using this course.

Anytime that anyone is in Siletz and would like to see this activity we would be glad to show you.

At this time it is in the rough, needs a lot of landscaping, needs a little bridge and a parking place cleaned out and graveled.

This is one more tool, in the fight against chemical use. An alternative way to get high, pardon the pun.



The Dog Days of
Summer are here!

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