



# COVID-19 and Dental Emergencies

To help reduce the spread of the coronavirus (COVID-19), many dentists are only providing emergency dental care as directed by the American Dental Association (ADA). Here's guidelines to help understand when to seek care or when it's safe to wait.

You should call your dentist if you experience:



Bleeding that doesn't stop



Painful swelling in or around your mouth



Severe tooth or mouth pain



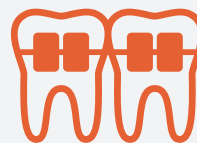
Gum infection that is causing pain or swelling



Broken filling that is causing pain



Chipped, broken or knocked out tooth that is painful



Snipping or adjusting wire of braces that are painful to cheeks or gums



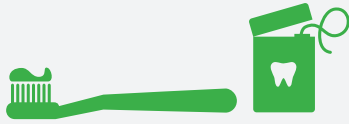
Post-surgery treatment (stitch removal)

The Centers for Disease Control and Prevention (CDC) recommends rescheduling:

- Routine cleanings
- Routine exams for braces
- Treatment of cavities that aren't painful
- Removal of teeth that aren't painful
- Tooth whitening

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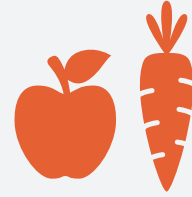
Even during this outbreak, it's important to maintain good oral hygiene habits. Keep your smile healthy by:



Brushing twice a day and flossing daily



Drinking plenty of water



Limiting sugary foods and keeping a balanced diet



Avoiding alcohol and tobacco



Replacing your toothbrush when bristles are worn or frayed or after an illness

When in doubt, contact your dentist and they can help determine if you need to come to the office for treatment or provide home remedies.



 **DELTA DENTAL**

**Delta Dental of Illinois**  
Smart plans for smart mouths.