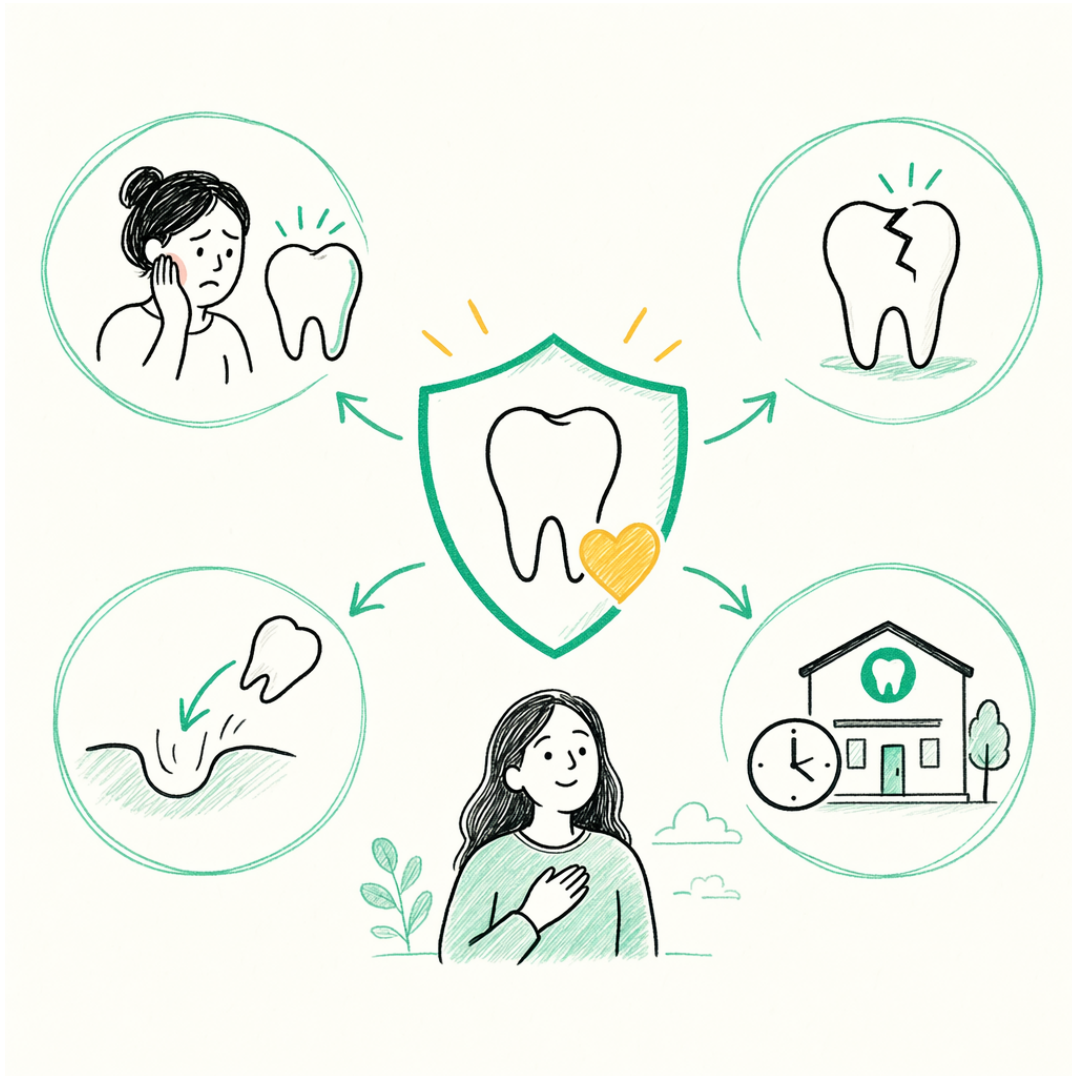


Dental Emergency Action Checklist

When tooth pain hits, the next few minutes matter. This FREE Dental Emergency Action Checklist is a printable step-by-step guide to help you act calmly and get the right urgent dental care.



SteadyTooth is a free matching service, not a dental provider or medical service, and does not give medical or dental advice or a diagnosis. The information here is general and educational. In a life-threatening emergency — trouble breathing or swallowing, swelling spreading toward the eye or neck, or uncontrolled bleeding — call 911 or go to the nearest emergency room. Costs and care vary by case, dentist, city, and state; always confirm details directly with a licensed dentist.

What this free checklist includes

This download is a simple, printable checklist for common dental emergencies—made for quick use when you're stressed and may be in pain.

You'll find clear steps for:

- 1 Severe tooth pain and swelling
- 2 Knocked-out teeth (including what to do with the tooth)
- 3 Broken or chipped teeth
- 4 Bleeding and mouth injuries
- 5 When to treat it as an ER situation instead of waiting

It also includes a short “get help fast” section so you know what to do next after you take immediate first-aid steps. If you're a non-native English speaker, it's written in straightforward language you can follow under pressure.

Note: This is general information only. It does not replace care from a licensed dentist or doctor.

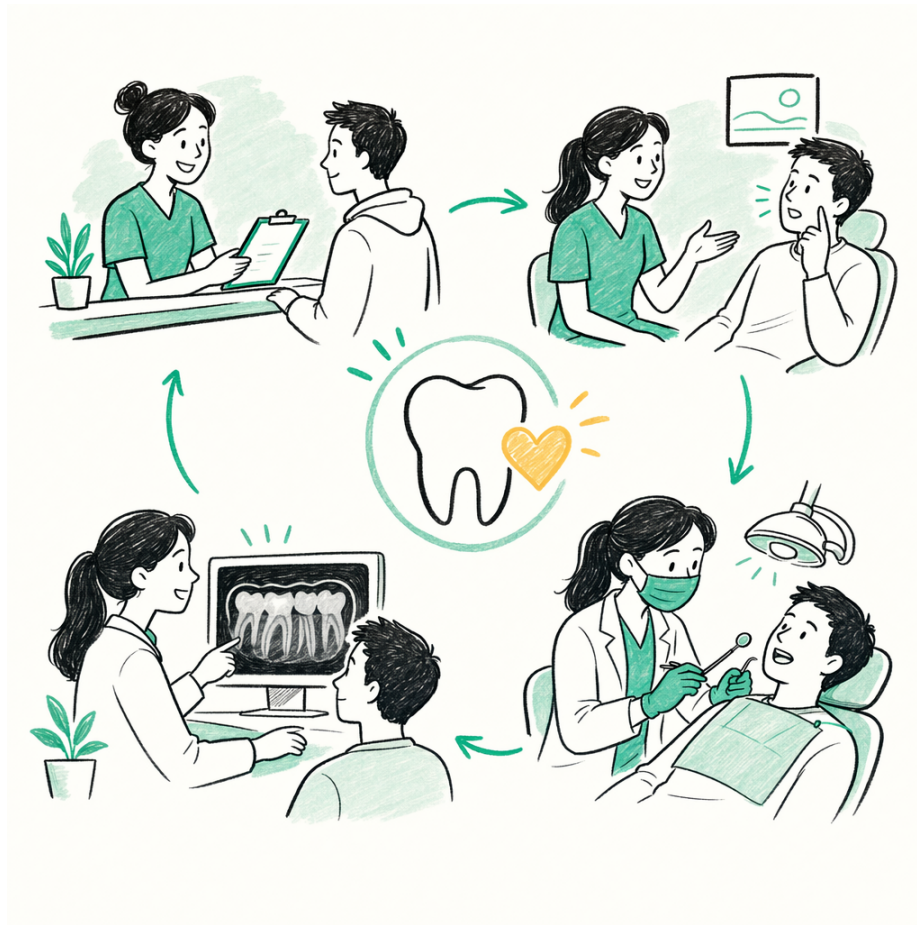
Who this checklist is for

This checklist helps people in the United States who need a fast plan for a dental emergency—especially new immigrants and non-native English speakers.

It's also useful if you:

- Live far from dental offices
- Don't know where to find after-hours emergency dentists
- Want a ready-to-use plan to keep at home, work, or in your phone notes

Dental coverage rules and after-hours options can vary by state, so the checklist focuses on practical first steps and getting connected to a licensed provider.



How to use the checklist (before and during an emergency)

Use it like an “action card.” Keep a printed copy where you can grab it quickly, like your kitchen drawer or near your first-aid supplies.

When an emergency happens:

- 1 Follow the first section on immediate actions.
- 2 Avoid delaying emergency dental care if symptoms are severe or worsening.
- 3 Use the “next steps” to get matched or find guidance quickly.
- 4 If you reach red-flag symptoms, use the ER/911 guidance in the checklist.

When you’re ready, you can also explore our [\[symptoms hub\]](/symptoms/) for general information on what different emergencies may involve, and our [\[guides\]](/guides/) for calm, step-by-step resources you can reference later.

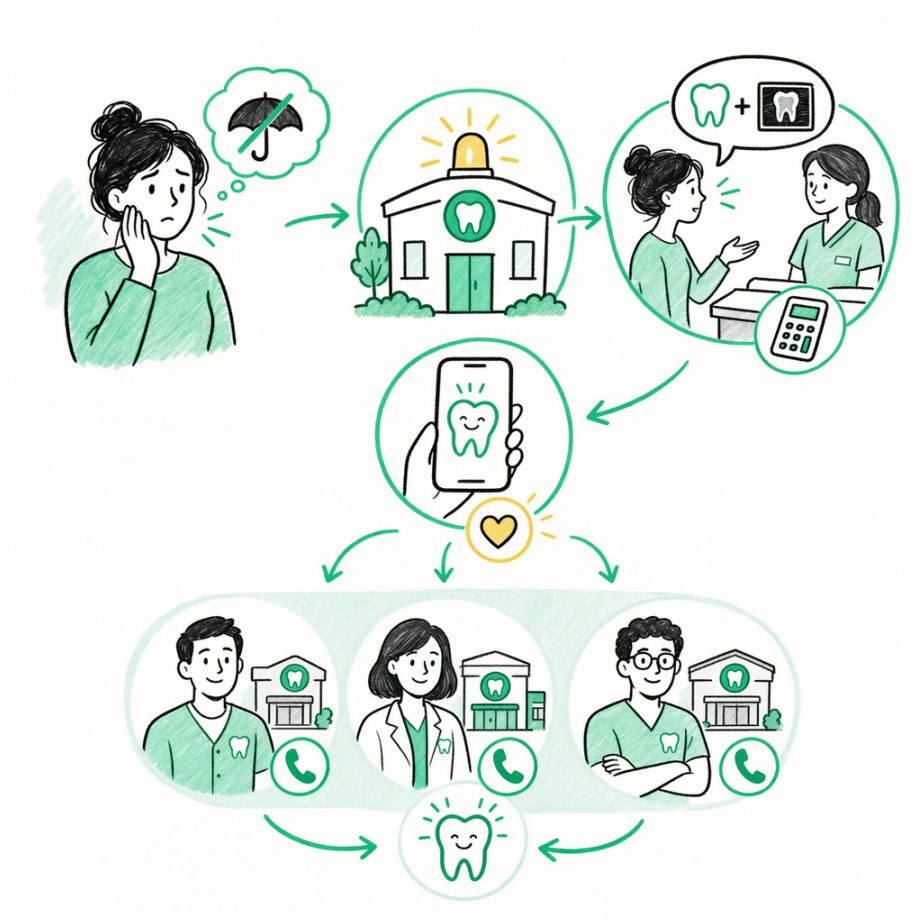
When to get emergency help (not just a dentist appointment)

Some situations need urgent emergency care right away. If you notice life-threatening warning signs, don’t wait for a dental office.

Call 911 or go to the ER if there is:

- Trouble breathing or trouble swallowing • Swelling spreading toward the eye or into the neck • Uncontrolled bleeding

If none of these are happening, it still makes sense to contact a licensed dentist for an urgent evaluation—especially for severe pain, swelling, a suspected abscess, or a knocked-out or broken tooth.

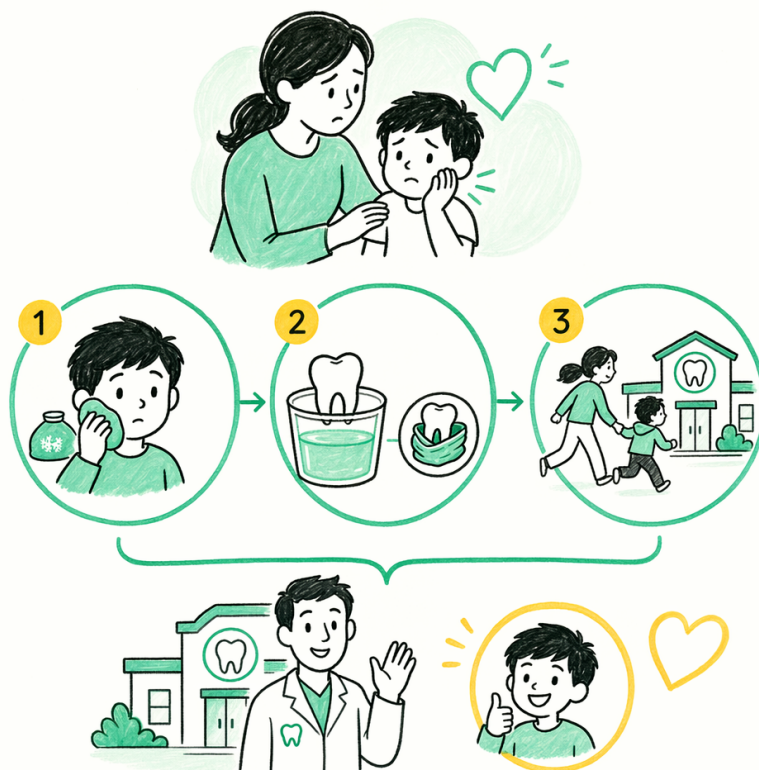
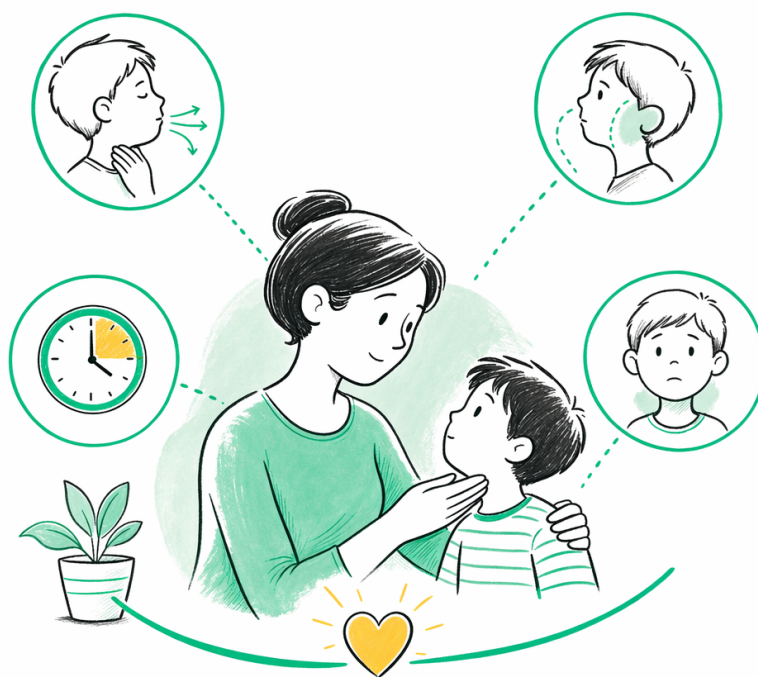


Ready to get matched to an emergency dentist?

The checklist helps you take immediate steps and know what to do next. After that, SteadyTooth can help connect you with an emergency dentist who may be able to see you same-day or after-hours.

If you want help finding care near you, use [\[get matched\]/\(get-matched/\)](#). Contact details only—no medical information is needed.

Remember: We are not a dentist or medical provider. We provide general information and help you connect with licensed care.



Need a dentist now?

SteadyTooth is a free service that helps you find a same-day or after-hours emergency dentist near you, in your language when possible. Visit **steadytooth.com** and tell us where you are and how to reach you — no medical details needed. In a life-threatening emergency, call 911.