

Knocked-Out Tooth Quick-Action Card

A knocked-out tooth can feel scary fast. This free one-page card gives the minutes-matter steps in plain language so you know what to do next while you work to reach a dentist.



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 quick-action card is

This is a free, downloadable one-page guide for a knocked-out tooth. It is made for urgent moments, when you do not want to read a long article or guess what matters most.

The card lays out the basic immediate steps in simple words. It is general information only, not a diagnosis or personal dental advice. You should still see a licensed dentist right away.

If there is trouble breathing or swallowing, swelling spreading toward the eye or neck, or bleeding that will not stop, call 911 or go to the ER.

What's inside the card

The card focuses on the first steps people often need in the first minutes after a tooth gets knocked out. It is designed to be easy to scan under stress.

You will see the key reminders people forget when they are in pain or panicking. For example, the card covers handling the tooth carefully, what to do if it is dirty, how to store it on the way to care, and why getting to a dentist quickly matters.

It also includes a short safety note on true emergencies and a simple reminder that over-the-counter pain relief should only be used as directed on the label. It does not replace an exam, treatment plan, or emergency care.



Who this helps

This card is for adults, parents, caregivers, coaches, teachers, students, and anyone who wants a clear emergency reference close by. It is especially helpful for people who feel overwhelmed by medical English or just want the clearest next step first.

It can also help households keep a calm plan on hand before an accident happens. Many dental emergencies happen during sports, falls, rough play, or after-hours when offices may be closed.

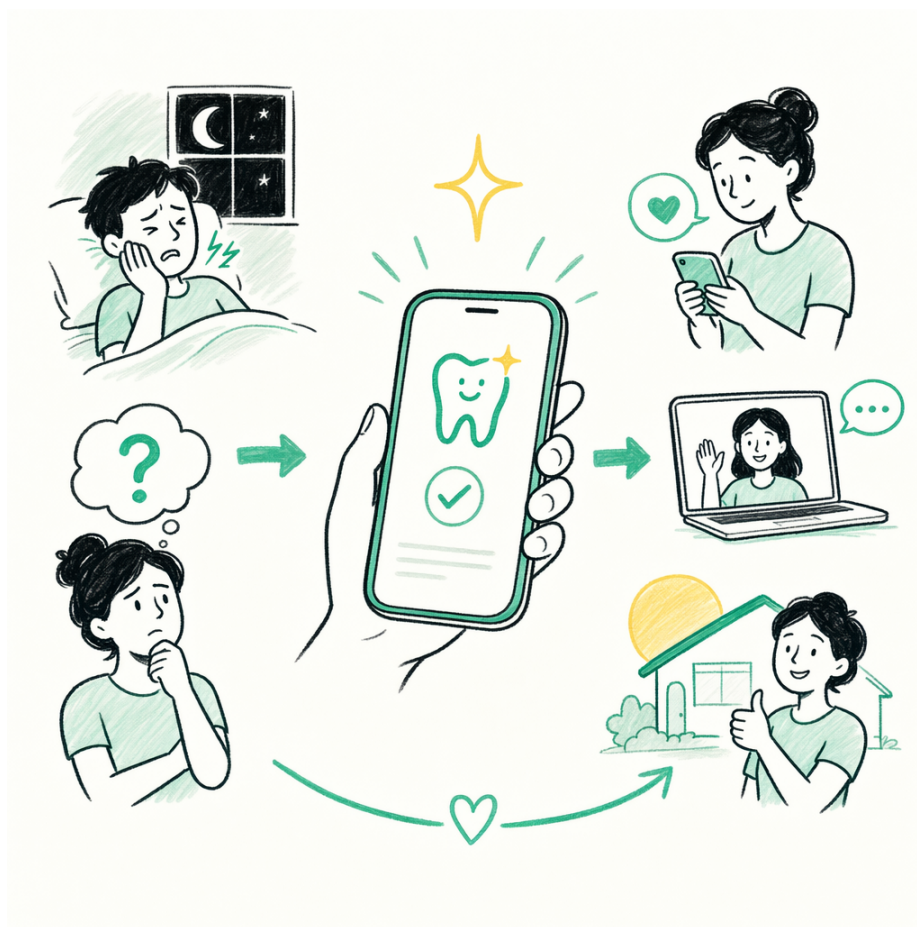
If you need help finding urgent dental care, SteadyTooth can help you [get matched]/(get-matched/) with a nearby emergency dentist. The service is free for the reader, and we only ask for contact details only — no medical information needed.

How to use it

Download it now. Save it on your phone, print a copy for home, and keep one in a sports bag, glove box, school folder, or first-aid kit.

When a tooth is knocked out, use the card as a calm checklist while someone contacts a dentist. It is meant to help you remember the general steps, not to tell you exactly what treatment you need.

After the immediate steps, the next move is to see a licensed dentist as soon as possible. For more general help with urgent dental problems, you can also visit our [\[symptoms\]](#) and [\[guides\]](#) pages.



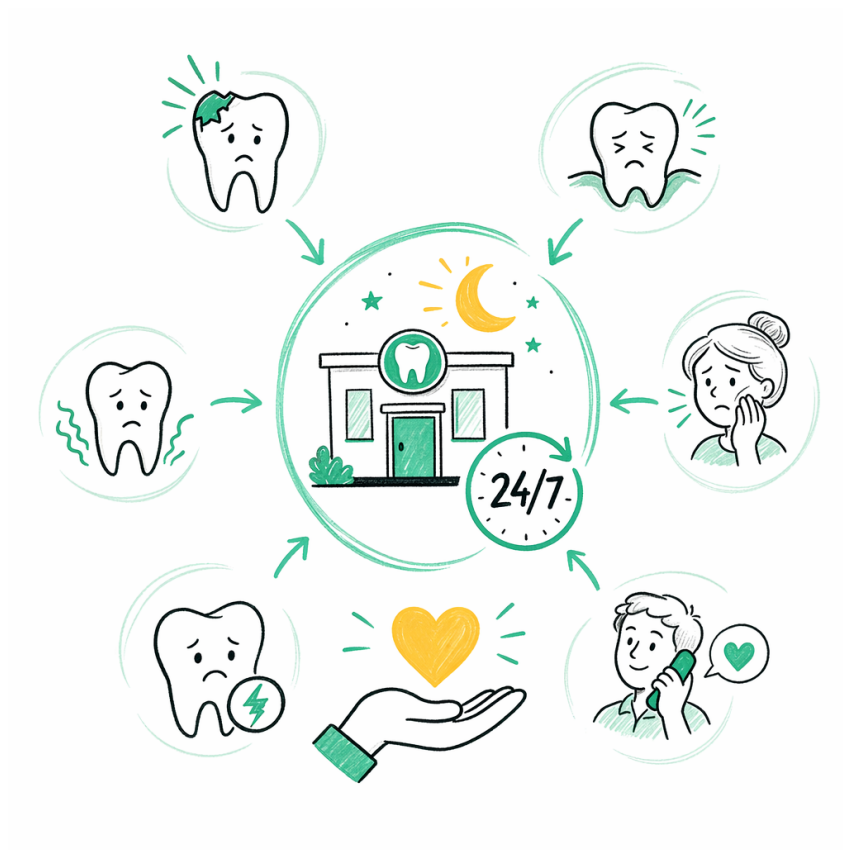
A few important reminders

A knocked-out tooth needs prompt professional attention. Even if the pain seems manageable, or the area looks okay, you should still try to reach a dentist right away.

SteadyTooth is not a dentist, clinic, or medical provider. We provide general information and help connect people with urgent dental care options.

If you use our matching form, send contact details only — no medical information needed. Dental coverage, office availability, and local rules can vary by state.

- Free download
- Made for urgent moments
- Plain-language steps
- General information only



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.