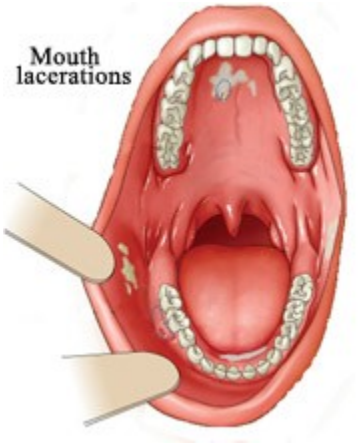
Mouth Injury

Cuts and scrapes inside the mouth are common from falls or bites. They tend to bleed a lot. Most mouth injuries heal quickly.

HOME CARE



- If teeth are broken, see your dentist **right away**. Take all broken pieces with you to the dentist.
- For bleeding, press on the bleeding site with a sterile gauze or piece of clean cloth. This will help stop the bleeding.
- Cold drinks or ice will help keep the puffiness (*swelling*) down.
- After one day, gargle with warm salt water. Put a teaspoon of salt into a cup of warm water.
- Cuts in the mouth often look grey or white. Injuries usually heal well.
- Take all medicine as directed.
- Eat soft foods until healing is complete.
- Avoid any salty or citrus foods that might sting. Rinse your mouth with warm water after meals.

GET HELP RIGHT AWAY IF:

- You have severe pain.
- There is a large amount of bleeding that cannot be stopped.
- There are deep or wide cuts that may need stitches.
- You have trouble swallowing.
- There is an injury to the back of the throat, tonsils, or roof of the mouth.
- Your mouth becomes infected.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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