

DENTAL CARE AFTER HOURS

DENTAL EMERGENCIES

Oral injuries are often painful, and should be treated by a dentist as soon as possible. Dental Emergencies may include teeth that have been knocked out, forced out of position, or broken. Sometimes lips, gums or cheeks have cuts.

When a **tooth is knocked out** you should:

- Attempt to find the tooth
- Immediately call your dentist for an emergency appointment
- Gently rinse, but do not scrub the tooth to remove dirt or debris
- Place the clean tooth in your mouth between the cheek and gum
- Do not attempt to replace the tooth into the socket. This could cause further damage
- Get to the dentist as soon as possible. If it is within a half an hour of the injury, it may be possible to re-implant the tooth
- If it is not possible to store the tooth in the mouth of the injured person, wrap the tooth in a clean cloth or gauze and immerse in milk



If the **tooth is pushed out of place (inward or outward)**, it should be repositioned to its normal alignment with very light finger pressure. Do not force the tooth into the socket. Hold the tooth in place with a moist tissue or gauze. Again, it is vital that a dentist see the injured individual as quickly as possible.

How a **fractured tooth** is treated will depend on how badly it is broken:

- **Minor fractures** can be smoothed by your dentist with a sandpaper disc or simply left alone. Another option is to restore the tooth with a composite restoration. In either case, you should treat the tooth with care for several days.
- **Moderate fractures** include damage to the enamel, dentin and/or pulp. If the pulp is not permanently damaged, there are a variety of procedures your dentist can use to restore your tooth, including the placement of a full permanent crown. If pulpal damage has occurred, further dental treatment may be required.
- **Severe fractures** may mean a traumatized tooth with a slim chance of recovery. However, there are dental procedures available to restore even severely damaged teeth. A dentist should be consulted as soon as possible to determine if treatment is possible.

Injuries to the inside of the mouth include tears, puncture wounds and lacerations to the cheek, lips or tongue. The wound should be cleaned right away and the injured person taken to the emergency room for the necessary suturing and wound repair. Bleeding from a tongue laceration can be reduced by pulling the tongue forward and using gauze to place pressure on the wound area.

Off-Campus, Local Dentists

The UCSB Dental Care Center is the only on campus facility available that services all graduate and undergraduate students. Sometimes, getting an appointment in a short amount of time is difficult. For that reason, we have provided you with a list below of other local options.

The following businesses may be used as alternatives when the UCSB Dental Care Center is closed or not able to offer you a convenient appointment that fits your schedule.*

DENTAL CARE

Doran Dobransky, DDS 805-967-5671
5901 Encina Way #C1
Goleta, CA 93117

Heath Montgomery, DDS
805-845-3240
14 W. Valerio St.
Santa Barbara, CA 93101

Silvia Erickson, DDS 805-967-5017
5370 Hollister Ave Suite G
Santa Barbara, CA 93111

Greg Lowry, DDS 805-963-9899
1525 State St.
Santa Barbara, CA 93101

* The University does not recommend, endorse, warrant or guarantee any specific provider of medical services, or any product or service that they may offer and will not be a party to any transaction between you and such providers. The names of these medical providers are for your information only. As with the purchase of any product or service it is your responsibility to use your best judgment in the selection of an appropriate medical provider.

How to use your Aetna Dental Health Insurance

1. Bring your GHI Aetna Dental ID card and use network providers for the least cost. If you don't have one, go to the following site:
www.aetnastudenthealth.com
2. Aetna Dental Line: 877-238-6200
3. You have a yearly maximum dental benefit of \$1,200, in-network providers; \$700, out-of-network providers.