# Renew Dental Publishes Updated Emergency Care Guide for Winnipeg Residents

Renew Dental, a dentist located in Winnipeg's Bridgwater neighborhood at 405 Centre Street, Unit 1, has published an updated emergency dental care guide for local residents. The guide covers a range of urgent dental problems including severe toothaches, broken or knocked-out teeth, lost fillings or crowns, abscesses, swelling, and mouth injuries. It explains when patients need same-day dental care and when a hospital is the safer option.

Renew Dental offers same-day emergency dental appointments during office hours from Monday through Friday. The guide advises patients to phone a dental office about urgent problems rather than submit an online form. It also provides instructions for preserving a knocked-out permanent tooth before seeing a dentist and advises going to a hospital for severe facial trauma, uncontrolled bleeding, breathing or swallowing difficulty, or rapidly spreading facial swelling.

Facial swelling that appears suddenly can be alarming. When it is related to a dental problem, the cause is often an infection in a tooth or the surrounding gum tissue. These infections can develop from deep decay, a crack in the tooth that exposes the pulp, or gum disease that creates a pocket for bacteria to enter. The body's immune response sends fluid and white blood cells to the area, which leads to visible swelling. In some cases the swelling remains localized around the tooth, but it can also spread to the cheek, under the eye, or into the neck. The speed and extent of the swelling depend on the severity of the infection and how quickly the person seeks treatment.

When a patient notices facial swelling, time is important. A dentist can evaluate the source of the infection and determine whether a root canal, drainage of an abscess, or extraction is needed. Many dental offices keep slots open for same-day appointments specifically for conditions like this. The goal is to remove the source of the infection and relieve pressure before the swelling worsens. For patients who cannot get to a dentist quickly, the condition can become more serious. An untreated dental infection can spread to deeper tissues and in rare cases lead to a medical emergency requiring hospitalization. This is why any swelling that makes it hard to open the mouth, swallow, or breathe should be treated as urgent.

Renew Dental's guide emphasizes the importance of contacting a dental office by phone rather than through an online form when a situation is urgent. A phone call allows the office staff to ask questions about the symptoms and prepare the necessary equipment or medications before the patient arrives. It also lets the patient describe the swelling, pain level, and any difficulty with breathing or swallowing. This information helps the dental team prioritize the case and decide whether the patient should go directly to a hospital instead. The guide notes

that certain signs, such as rapidly spreading facial swelling, difficulty breathing, or uncontrolled bleeding, indicate a need for hospital care. In those situations a dentist cannot provide the level of monitoring or intervention that an emergency department can.

For patients who have a knocked-out permanent tooth, the guide offers specific handling instructions. The key is to keep the tooth moist and avoid damaging the root. The tooth should be picked up by the crown, not the root, and gently rinsed if it is dirty. It can be placed in a container of milk or a saline solution. If neither is available, the tooth can be held in the mouth between the cheek and gum, taking care not to swallow it. The patient should see a dentist as soon as possible, ideally within an hour. The chances of saving the tooth drop significantly after that window. For a broken tooth, the same urgency applies, but the patient should bring any fragments to the appointment. The dentist can often bond the pieces back or restore the tooth with a filling or crown.

Lost fillings and crowns are another common dental emergency. A lost filling leaves the tooth structure exposed, which can cause sensitivity to hot and cold and allow bacteria to enter. A lost crown can expose the underlying tooth, which may be weak or decayed. In both cases the guide advises patients to avoid chewing on that side and to contact a dentist for a same-day appointment. Temporary dental cement is available at pharmacies, but the guide recommends professional evaluation to ensure the tooth is properly protected and to prevent further damage. The dentist can replace the filling or re-cement the crown, and also check for any underlying decay that may have contributed to the loss.

Abscesses are pockets of pus that form as the body fights an infection. In the mouth they can appear as a bump on the gum near the affected tooth. The area becomes tender, red, and swollen. An abscess may drain on its own, but that does not mean the infection is gone. The underlying cause, often a dead or dying nerve inside the tooth, still needs treatment. A dentist can open the tooth, clean out the infected pulp, and place a medication to stop the infection from spreading. In some cases the abscess needs to be drained through a small incision. This is a procedure best left to a professional because improper drainage can push the infection deeper into the tissue. Renew Dental's guide stresses that abscesses should never be ignored or popped at home.

Facial swelling from a dental infection can range from mild puffiness to a condition known as cellulitis, where the infection spreads under the skin and into the spaces around the jaw and throat. This is a dangerous situation because the swelling can compress the airway. Patients who notice swelling spreading to the neck or under the chin should seek medical care immediately. The guide identifies this as one of the scenarios where a hospital is the appropriate destination. In the hospital, doctors can administer intravenous antibiotics, monitor the airway, and if necessary perform a surgical drainage under controlled conditions. The same applies to severe facial trauma, such as a fracture caused by a fall or accident. A dentist can

treat dental injuries, but a hospital is better equipped to handle fractures, deep cuts, and other injuries that involve multiple structures.

A key part of managing any dental emergency is knowing when to call a dentist and when to go to a hospital. Renew Dental's guide helps patients make that distinction. For a severe toothache that keeps the person awake at night, a broken tooth that is sharp and cutting the tongue, or a swollen face that makes it hard to open the mouth fully, a same-day dental appointment is usually the right choice. For a swollen face that is accompanied by difficulty breathing or swallowing, or for heavy bleeding that will not stop, the hospital emergency room is the safer option. The guide also reminds patients that a dental office can coordinate with a hospital if needed, but the patient should not delay going to the hospital if the situation is life-threatening.

Renew Dental's guide is part of a broader effort to improve access to urgent dental infection care for Winnipeg residents. By providing clear guidance on what to do in common emergency scenarios, the practice aims to reduce confusion and help patients get the right level of care quickly. The guide is available to anyone who contacts the office, and the staff can answer questions about specific symptoms over the phone. Renew Dental's location in the Bridgwater neighborhood makes it convenient for residents in southwest Winnipeg, but the advice in the guide applies to anyone facing a dental emergency. The guide covers the full range of problems that can arise, from a minor lost filling to a serious facial infection, and it gives patients a framework for deciding their next step.

For patients who experience sudden facial swelling, the first step is to assess whether breathing or swallowing is affected. If it is not, the next step is to call a dentist who offers same-day emergency appointments. Renew Dental is one such provider, and its updated guide reinforces the importance of acting quickly. Swelling that is caught early can often be treated with a simple root canal or drainage, avoiding the need for more invasive procedures. The guide also advises patients not to apply heat to the swollen area, as heat can increase blood flow and worsen the swelling. Cold compresses applied to the outside of the cheek can help reduce discomfort, but they are not a substitute for professional care. The underlying infection requires dental treatment, and the sooner it is addressed, the better the outcome.

Renew Dental's guide is a practical resource for anyone who has ever wondered what to do when a dental problem becomes urgent. It covers the most common emergencies, explains the difference between a dental office visit and a hospital trip, and provides clear instructions for preserving a knocked-out tooth. The guide is based on the practice's experience treating same-day emergencies and reflects current best practices in urgent dental infection care. For Winnipeg residents, having this information available can make a stressful situation easier to handle and increase the chances of a positive outcome.