

Loose Adult Tooth

What to Do Now & Dental Visit Sheet

A loose permanent tooth should be examined - this sheet helps you act safely and describe what changed

DO NOT KEEP TESTING THE TOOTH

A loose adult tooth can have several causes, including gum disease, loss of bone support, injury, heavy biting forces, cracks, or infection. The cause determines the treatment, so avoid repeatedly wiggling the tooth and arrange a dental evaluation.

1. What Happened?

☐ Tooth became gradually loose

☐ Tooth became loose after a fall / bump

☐ Tooth hurts when I bite

☐ Tooth feels higher than neighboring teeth

☐ Gums bleed around the tooth

☐ Swelling / pus near the tooth

☐ I clench or grind

☐ The tooth or filling/crown may be cracked

2. What to Do While Waiting to Be Seen

☐ Do not wiggle the tooth with my finger or tongue.

☐ Avoid chewing hard foods on that tooth.

☐ Keep brushing gently.

☐ Clean between teeth carefully without forcing the area.

☐ Note whether the tooth moves more, changes position, or becomes more painful.

☐ Call the dentist and describe whether there was recent trauma.

3. When It Is More Urgent

☐ Tooth became loose after an injury

☐ Tooth is pushed out of its normal position

☐ Looseness is increasing quickly

☐ Significant pain when biting

☐ Swelling or pus

☐ Fever or facial swelling

4. If the Tooth Was Injured

When?

How did it happen?

Did the tooth move position?

☐ No ☐ Yes ☐ Not sure

Any lip / gum / jaw injury?

Any bleeding?

☐ No ☐ Yes

IF A PERMANENT TOOTH IS COMPLETELY KNOCKED OUT

Handle it by the crown, not the root. Keep it moist. If you cannot safely place it back in the socket, put it in milk or an ADA-accepted tooth-preservation product and get to a dentist immediately.

Loose Tooth Dental Visit Notes

Bring this page to the appointment so the dentist can see the pattern clearly.

1. Symptom Details

Tooth / area	
When I first noticed movement	
Pain level (0-10)	
Movement	☐ Slight ☐ Moderate ☐ More than before
Pain with biting?	☐ No ☐ Yes
Other symptoms	Bleeding / swelling / pus / sensitivity / bad taste / other

2. Questions for My Dentist

☐ Is the tooth actually more mobile than normal?	☐ Is gum disease or bone loss involved?
☐ Is there a crack or infection?	☐ Is this tooth receiving too much biting pressure?
☐ Can the tooth be stabilized or saved?	☐ Do I need gum treatment?
☐ Should I avoid certain foods for now?	☐ What changes mean I should call sooner?

3. What the Dentist Found

Finding	Notes
Gum / bone support	
Bite / grinding forces	
Crack / decay / infection	
Injury-related change	
Prognosis	

4. Treatment / Follow-Up Plan

Today's treatment	
What I should avoid	
Home-care changes	
Next appointment	
Call sooner if	

Notes