

FREE PRINTABLE GUIDE · 2026–2027 EDITION

Hurricane dental kit

What to pack and what to do if something breaks after the storm

The essentials

1. Pack your dental kit before the storm. Hurricane season runs through November 30.
2. During a boil-water notice, brush and rinse your denture only with bottled or boiled water.
3. If it is hard to breathe or swallow, call 911. If your face is swollen or you have a fever, get care the same day.

What goes in your dental kit?

Keep it in a waterproof zip bag, next to your medications.

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| ☐ A toothbrush for each person | ☐ List of medications and doses |
| ☐ Toothpaste and dental floss | ☐ Photo of your insurance cards |
| ☐ Bottled water for brushing | ☐ Your dentist's number (page 2) |
| ☐ A denture case | ☐ Clean gauze |
| ☐ Denture cleaner and adhesive | ☐ Over-the-counter pain reliever: only the one your doctor or pharmacist advises |
| ☐ A spare denture, if you have one | |

How do I brush during a boil-water notice?

- Use bottled water, or water boiled for 1 minute and cooled. Never unboiled tap water.
- Cannot boil it? 8 drops of unscented bleach per gallon. Stir and wait 30 minutes.
- Clean your denture with denture cleaner, not toothpaste, and keep it covered in safe water.
- With no power, use your stored water: 1 gallon per person per day, for 7 days.

What if something happens after the storm?

I lost or broke my denture

Keep the pieces, do not glue it at home, and call your dentist.

I broke a tooth

Rinse with safe water, put a cold pack on your cheek. Call your dentist.

A tooth was knocked out

Hold it by the crown, keep it in milk or saliva and see a dentist.

I have pain or swelling

Do not put aspirin on your gums. Rinse and call your dentist.

Do not wait: get help today

- Hard to breathe or swallow? **Call 911.**
- Swollen face or a fever? See a dentist today, or go to the emergency room.
- Teeth will not come together after a blow? Go to a hospital or dentist now.

My phone numbers

My doctor:

Miami-Dade 311: 311 or 305-468-5900

My dentist:

My pharmacy:

FPL outages: 1-800-468-8243

Call us: (305) 787-3642

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We open Monday, November 2, 2026. Monday to Friday, 9:00 a.m. to 7:00 p.m.,
and Saturdays, 10:00 a.m. to 5:00 p.m.

Something unclear? Call us and we will explain it again, at your pace.

Sources: CDC (drinking water advisories, emergency water supply); Ready.gov; Miami-Dade County (Emergency Management, 311); ADA MouthHealthy; MedlinePlus; FPL. Accessed October 2026.

General educational information. It does not replace a dental exam or your dentist's instructions. Results, risks and costs vary for each person.

Need help in another language? It is free: call (305) 787-3642. PureSmile Miami does not discriminate on the basis of race, color, national origin, age, disability or sex.

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