

Dental First Aid

Lacerations

The soft tissues of the mouth and face - lips, cheeks and/or tongue - sometimes bear the brunt of a sports injury. These tissues have a good blood supply and often bleed profusely, so it is prudent to have a management plan in place.

DO

Remain calm

Encourage the injured person to do the same.

DO

Check

If the person has concussion or other injuries. Provide first aid if necessary.

DO

Call 000 for an ambulance

If the person has serious injuries.

DO

Clean the area

Be gentle and use sterile saline and gauze if available. Otherwise, clean warm water and a clean cloth will suffice.

DO

Apply pressure

The application of firm pressure should stop the bleeding. Use gauze or a clean cloth.

DO

Seek assistance if the bleeding persists

Persistent bleeding or a deep wound will need to be treated at the nearest Emergency Department. Or contact your dentist for assistance.

We are committed to protecting the teeth of all athletes of Geelong. If you would like more information about first aid for dental injuries, mouthguards, or good nutrition for athletes of all ages, please feel free to contact us.

Call 5298 1020