

Dental First Aid

The Knocked Out Tooth

When a tooth is knocked out, the actions taken in the first 30 minutes will greatly affect whether the tooth can be successfully re-implanted. As a general rule, only adult teeth need to be re-implanted if they are knocked out. Here are some guidelines.

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

Locate the tooth

As quickly as possible.

DO

Clean the tooth

In milk, sterile saline, or ask the person to gently suck the root clean.

DO

Re-implant the tooth

But only if the person is conscious, cooperative and the tooth is clean.

DO

Store the tooth

In milk, sterile saline, or the person's saliva or cheek pouch if the tooth can't be re-implanted.

DO

Secure the tooth

In the socket using light finger pressure or a splint made from foil or using a handkerchief.

DO

Go to the dentist immediately

The tooth should be re-implanted and secured within 30 minutes for the best chance of success.

DON'T

Let the tooth dry out

The cells on the root will die and re-implantation will not be successful.

DON'T

Push the tooth hard into the socket

Position it gently.

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