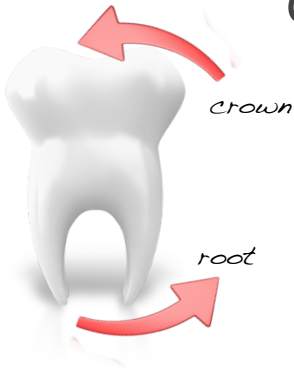


All children/athletes are at risk of injury to their teeth and mouth.

The Dental First Aid Guide



Here's what to do if a tooth is knocked out, gets pushed out of place, or has been chipped.



KNOCKED OUT TOOTH

FIRST: Determine if the tooth is a baby tooth or an adult tooth, as there is no need to try to replace a baby tooth. If in doubt, look at the length of the root compared to the crown of the tooth: if the root is much longer than the crown, assume the tooth is an adult tooth and follow these instructions.

DOs

- ☒ Remain calm and encourage the injured child to do the same. Check for concussion and other injuries.
- ☒ Locate the tooth as quickly as possible. The best treatment is to re-implant the tooth after injury.
- ☒ Only re-implant a clean tooth: have the child gently suck the root clean or rinse the root in fresh milk or sterile saline (from a first aid kit). If the tooth can't be cleaned, do not implant it: keep it moist by storing it in gauze dampened with milk or saline or have the child hold the tooth in their mouth inside their cheek.
- ☒ If the tooth can be repositioned completely or partially in the socket, it must be kept in place. An older child will be able to hold the tooth in place with light finger pressure. A younger child may need assistance.
- ☒ Get the child to a dentist as soon as possible for treatment. Teeth that are re-implanted and stabilised properly by a dentist within 30 minutes have the best chance of survival.

DON'Ts

- ☒ Do not let the tooth root dry out- the cells on the surface will die and its ability to be re-implanted will be dramatically reduced
- ☒ Do not push the tooth back into its socket. Instead gently place the tooth into its socket

DISLODGED TOOTH

This is situation where a tooth has received a blow but has been dislodged, rather than completely knocked out.

DOs

- ☒ Remain calm and encourage the injured child to do the same. Check for concussion and other injuries.
- ☒ Try to return the tooth to its original position as quickly as possible and to stabilise it in place.
- ☒ Use the nearby teeth to guide the tooth into the correct position, but don't use excessive force
- ☒ Hold the repositioned tooth in place by finger pressure, biting on a clean gauze or handkerchief or using some aluminum foil to fashion a splint

DON'Ts

- ☒ Don't use excessive force to move the tooth into position
- ☒ Bite too hard

BROKEN TOOTH

No matter what type of fracture has occurred, the patient should be seen by a dentist as soon as possible to increase the likelihood of successful treatment.

DOs

- ☒ Remain calm and encourage the injured child to do the same. Check for concussion and other injuries.
- ☒ If you can find the broken pieces, bring them to the dentist. They can be stored wet or dry
- ☒ Clean the area with warm water or saline.
- ☒ Apply ice pack or cold compress to reduce swelling
- ☒ Take injured child to the dentist straight away.



DON'T

- ☒ Rinsing the wounded area with cold liquid works but may irritate the tooth if the pulp has been exposed in the injury. This may cause patient distress.

LACERATED LIPS, CHEEK OR TONGUE

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

DOs

- ☒ Remain calm and encourage the injured child to do the same. Check for concussion and other injuries.
- ☒ Use clean gauze or a cloth to apply pressure to the wound: this can be difficult especially on the tongue, but it is application of firm pressure that will cause the bleeding to slow and then stop
- ☒ Check the depth of the laceration- some will need stitches or they won't heal properly. If the injury is deep, or if you aren't sure, take the child to the emergency department or dentist for it to be assessed.
- ☒ If the bleeding doesn't stop within 15 minutes, or if the blood is plentiful, flowing freely and bright red, take the child to the emergency department or emergency dentist immediately or summon an ambulance for assistance.
- ☒ Cold compresses or ice packs can offer relief to the child and will help to minimise the swelling.

We are committed to protecting the teeth of all the athletes of Geelong. If you would like more information about mouthguards, first aid for dental injuries on the sports field or good nutrition for athletes of all ages, please call Ailin Teo Dental Surgery or visit our website