

Dental First Aid

Following a Head or Mouth Injury:

- Calm the injured person.
- Check to determine the type of injury and refer to the Action Plan.
- If minor bleeding:
Apply direct pressure with sterile gauze or clean cloth. If bleeding doesn't stop within ten minutes, contact parent and arrange to take child to the emergency room.
- If bleeding profusely:
Contact parent and arrange for emergency services by an emergency squad or emergency room.

Action Plan

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| 1. Knock out permanent (adult) tooth (avulsed tooth) | <ul style="list-style-type: none">• Find tooth, but do not handle it by the root (hold tooth by the crown).• If tooth is dirty, rinse gently with tap water—don't scrub or use antiseptic.• Attempt to gently replant tooth into the socket. Have the child hold in place with a tissue or gauze. If not possible to replant tooth, place tooth in a tooth preservation system* or if unavailable, a glass of cool skim or low-fat milk. If skim or low-fat is not available, use 2% or whole milk.• If milk is unavailable, place tooth in saliva by spitting into a cup.• Place tooth in saline solution or water only as a last resort. Tooth must not dry out!• Contact parent and arrange to take child and tooth to dentist immediately. Replantation within 15–20 minutes is best. <p><small>* Only available in the Save-A-Tooth transport system.</small></p> |
| 2. Knocked out primary (baby) tooth | <ul style="list-style-type: none">• Primary (baby) tooth should not be replanted.• Contact parent. Arrange to take child to dentist immediately. |
| 3. Loosened/chipped tooth/ tooth pushed into gums | <ul style="list-style-type: none">• Gently clean the area with warm water.• Do not attempt to move tooth into correct position.• Contact parent. Arrange to take child to dentist immediately. |
| 4. Toothache | <ul style="list-style-type: none">• Do not place aspirin on gum tissue of aching tooth (aspirin will burn tissue!)• Contact parent. Arrange to take child to dentist as soon as possible. |
| 5. Injury to lips, tongue, cheek | <ul style="list-style-type: none">• Rinse affected area with warm water.• Place cold compress over area to minimize swelling.• If injury is due to a fall or if tooth is chipped, contact parent and arrange to take child to dentist immediately.
(Foreign matter lodged in lip may cause infection.) Also, see #3 above. |
| 6. Broken or dislocated jaw | <ul style="list-style-type: none">• Immobilize jaw by placing a scarf, necktie, or towel under the chin tying the ends on top of the head.• Contact parent. Arrange to take child to emergency room immediately. |

Emergency telephone numbers:

Arrange to have a dentist on call for weekend or evening emergencies.

Dentist

Doctor

Emergency squad
