

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 <i>not</i> 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 <i>take child and tooth to dentist immediately</i>. Replantation within 15-20 minutes is best.
<small>" Only available in the Save-A-Tooth transport system.</small> |
| 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
