

Prevent accidents first.but, know what to do when they do occur

What if you and some friends were playing an informal game of basketball and one of your friends was struck down by a hard jab to the mouth? Could you help? What if your child were the one to fall face down, only to find she or he was bleeding and had lost a tooth? Would anyone with you know basic first aid?

It is important to be prepared in case such an accident takes place. Here are some first aid tips to assist you in case an accident occurs:

Fractured/Broken tooth

- Find the broken pieces and store in water or milk.
- Contact your pediatric dentist at PDG within 24 hours – we may be able to reattach the broken pieces of the tooth.
- Use an anti-inflammatory analgesic for pain and to reduce the inflammation of the tooth, its surrounding gum, and bony structure.
- You should also ice the area a lot.



Displaced tooth

- See your pediatric dentist at PDG immediately.
- Try and reposition the tooth back into alignment, especially, if the tooth is pushed out.
- Again, use anti-inflammatory analgesics and apply cold to the affected area.



Knocked out tooth

- **Contact PDG immediately – time is of the essence!**
- Re-implantation should be done within 5 to 10 minutes for best results – we may also be able to coach you over the phone.
- Hold the tooth by the crown (the wide part) and NOT the root (the pointed end).



- Rinse the tooth with cold water – avoid rubbing it or touching its root.
- Put the tooth back in its socket and stabilize it by biting down with gauze or tissue.
- If the tooth cannot be re-implanted, store the tooth in cold milk or saliva in a cup.
- Do not let the tooth dry out – it can sometimes be saved if cared for properly and reimplanted within an hour.



Cuts inside of the mouth

- Gently rinse the mouth with cold water.
- Bite on some gauze or a clean cloth/tissue to apply pressure to the wound.
- Go to the closest PDG office for immediate treatment.

Jaw injury

The U-shaped lower jaw often suffers multipl breaks.
An upper jaw fracture may cause visible distortion of the face.

If teeth fit together properly when the mouth is closed:

- Apply ice to control swelling.
- Use anti-inflammatory analgesics, i.e. ibuprofen, if there's not a significant amount of bleeding
- Restrict diet to soft foods and if no improvement occurs within 24 hours, contact one of PDG offices or go to a nearby ER.
- If teeth do not fit together properly when the mouth is closed:
- Immediately seek emergency care either at one of PDG offices or at an ER.
- Gently align the jaws.
- Immobilize the jaw by wrapping a cloth bandage under the chin and securing it over the head.
- Apply ice to control swelling.

Broken nose

- Gently pack the nose with gauze or tissue.
- Apply ice.





- Do not blow nose.
- Go to the nearest ER for emergency care.

Head and neck injury

- Do not let the injured person be moved unless by professionals or if in danger.
- Immobilize the head by placing rolled towels on either side.
- Keep the injured person warm to avoid the risk of shock.
- If unconscious, clear the person's mouth and hold their tongue forward to maintain an open airway
- Seek emergency care immediately.

About National Facial Protection Month

National Facial Protection Month takes place each year during the month of April. For further information and materials on this annual observance, visit the sponsoring associations' Web sites at the Academy for Sports Dentistry (<http://www.academyforsportsdentistry.org>), American Academy of Pediatric Dentistry (www.aapd.org), American Association of Oral and Maxillofacial Surgeons (www.aaoms.org), American Association of Orthodontists (www.mylifemysmile.org) and the American Dental Association (www.mouthhealthy.org).

