

# 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

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

### Emergency telephone numbers:

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

Dentist

Doctor

Emergency squad