

Emergencies

What to do with a knocked out tooth



The aim is to keep the tooth moist and clean to help the dentist save the tooth.

A Baby Tooth

If a baby tooth has been knocked out, DO NOT try to place it back. Visit your dentist to make sure there are no other issues.

Permanent Adult Tooth

- 1. Find the tooth and handle the tooth by the crown, not the root*
- 2. If the root has debris on it, gently rinse the tooth in milk or saline solution such as contact lens solution, just for a few seconds*
- 3. Do not attempt to clean the tooth by scrubbing or using cleaning solution*
- 4. Do not let the tooth become dry!*
- 5. Replace the tooth immediately (if the person is conscious). Make sure it is put back facing the right way around. To check, look at the other teeth. Hold the tooth in place with an aluminium foil wrap and/or by patient gently biting on a handkerchief.*
- 6. Contact your dental professional immediately and seek advice.*

If you cannot replace a permanent tooth in its socket:

- 1. Store the tooth in milk or normal saline solution or wrap the tooth in plastic cling wrap. DO NOT USE WATER.*
- 2. Seek dental help immediately as it is important that the tooth is replaced as quickly as possible.*

Mouth Guards

Protecting your child's teeth & jaw



In Australia, only 36% of children aged 5-17 wear a mouthguard during games...

... and only 17% during training. As always, prevention is better than cure.

The majority of mouth injuries and accidents are preventable if a professionally fitted mouthguard is worn.

Mouthguards have been proven to reduce the number and severity of mouth injuries in sport and during training. Ensuring your child wears a mouthguard when playing sport protects teeth and provides them with added confidence. Ready made mouthguards are available at sport stores, however the most effective mouthguards are custom made by your Dentist as they are more comfortable, easily stay in place and support teeth more tightly.

Accidents involving the mouth can result in both soft and hard tissue damage such as injury to the gums, lips or teeth, tooth fractures, loss of whole teeth and jaw fractures.

Significant trauma to permanent (adult) teeth is common with falls from skateboards, roller-blades, trampolines and scooters. Research shows that a similar number of accidents occur at home and at school and that these injuries affect the jaw and teeth later in life.

