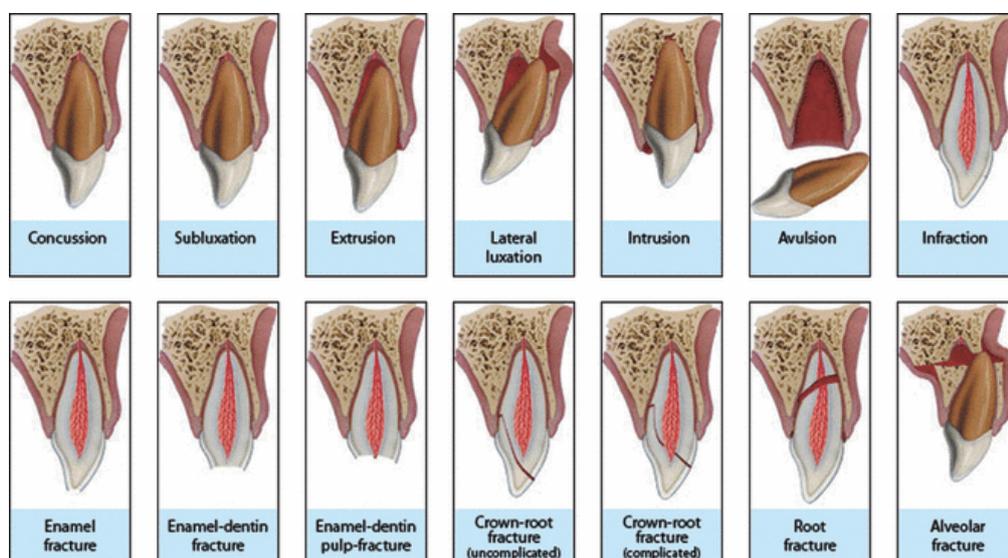


## Dental Trauma

Dental trauma is the damage caused to teeth usually the front incisors as a result of an accident or usually from playing contact sports. The type of treatment needed will depend on the type and severity of the trauma or injury that has been sustained. There are factors that will indicate to the dental professional the best way to treat your dental trauma. The most important thing you can do is to act quickly and to seek professional emergency dental treatment as soon as possible. When you arrive for your appointment the dental professional will want to know how the injury was sustained and when. It is also likely that they will take an X-ray to assess any damage to the root of the tooth/teeth.

Types of dental trauma:

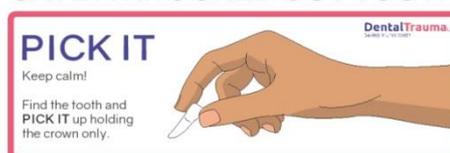


Dental Trauma Guide: A source of evidence-based treatment  
 Andreasen, J, O et al, 2012 – in line with IADT dental trauma guide

If a tooth is knocked clean out this is known as 'Avulsion'. An avulsed tooth is one of the few real emergency situations within dentistry. There are some first aid type steps you can take to give your tooth the best chance of surviving. Please be aware that the following steps should only be carried out for permanent/adult teeth NOT baby/primary teeth.

- Stay calm!
- Find the tooth and pick it up by the crown (the flat, white part). Avoid touching the root.
- If the tooth is dirty, wash it briefly and carefully for 10 seconds under cold gently running water and reposition it. If you can, bite on a sock or handkerchief to hold it in position, this may feel a little uncomfortable.

### SAVE A KNOCKED OUT TOOTH



**PICK IT, LICK IT, STICK IT!**  
 and go to a dentist immediately.

If you are unable to replant a tooth, put it in milk and go to the dentist immediately.  
 Never replant a baby tooth.

- If you can't do this then place the tooth in either some milk or some saline if you have any. Do not worry if you have neither of these to hand as the tooth can also be transported in the mouth. Do this by keeping it inside your cheek next to your molar teeth.
- If this is for a child, he/she could swallow the tooth- therefore it is advisable to get the patient to spit in a container and place the tooth in it coated by the saliva. **DO NOT STORE IN WATER!**
- Seek emergency dental treatment immediately with either your registered dentist or emergency dental access centre.

### **Should I be worried if it's a baby tooth?**

There's not usually much treatment a dentist can do for baby teeth, however it is possible that the injury may have an impact on the permanent teeth. Unfortunately there is no way of telling if this is the case until the permanent teeth start to come through. It is important that you visit your dentist to seek professional advice straight after the incident to get checked, have any necessary emergency treatment and so that the trauma can be documented in the notes for future reference. This will be useful information when the permanent teeth do erupt and the child can be reviewed as and when necessary and at future check-up appointments.

### **I don't have a dentist what to I do?**

If you require emergency dental treatment please visit the homepage on our website and click on 'emergency dental service' for further information and contact details.