

when a tooth is knocked out.....

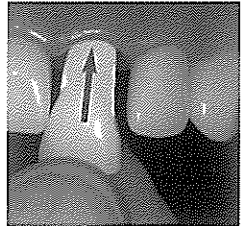
act quickly.....

Find the tooth and pick it up by its crown. Do not touch the root.



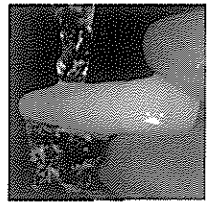
put it back.....

Put the tooth straight back in its socket. Then get dental help immediately.



if obviously dirty.....

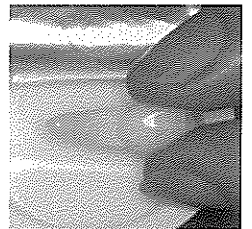
Wash the root under cold running water for *no more than 10 seconds*. Then put tooth back into its socket as above.



IF IMMEDIATE REPLACEMENT IS NOT POSSIBLE

put it in milk.....

Make sure the tooth is fully immersed. Seek dental assistance straight away.

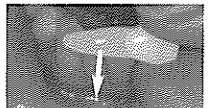
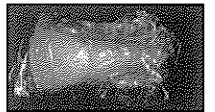


or if milk is not available

Put it in plastic wrap.

or

Place the tooth in the patient's mouth in the fold between the lip and the lower front teeth.



get dental help immediately

over >

remember

- The quicker a tooth is replaced in its socket the higher the success rate. Most teeth replaced within 15 to 30 minutes become re-attached and function normally.
- If a tooth can't be put back in its socket, milk is the best storage and transport medium*.
- It is important that the cells lining the root of the tooth do not become damaged or dry out as they are needed for the re-attachment of the tooth.
- For any contact sport, a properly fitting mouthguard provides the best protection against tooth injury.

* Long-life milk is excellent for this purpose and is recommended to be a part of a first aid kit. Any source of physiological saline is also suitable for storage and transport.

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