

What to do if a permanent tooth is broken or knocked out?

Save your tooth
 Most of your permanent teeth may be saved if you know what to do after a blow to the mouth

What to do if your tooth is BROKEN

- 1 Find the piece of the tooth
- 2 The piece can be glued on
- 3 For this to be possible, seek attention immediately from a dentist

What to do if your tooth is KNOCKED OUT

- 1 Find the tooth
- 2 Hold it by the crown
- 3 (Plug the sink) Rinse in cold tap water

4 FOLLOW ONE OF THESE ALTERNATIVES

- a Put the tooth back in its place
- b Place the tooth in a cup of milk or saline
- c When milk is not available, place the tooth in the mouth between the cheeks and gums

5 Seek immediately specialized dental treatment, within a two hour time period

Logos: IADT (International Association of Dental Traumatology), Universidad de Valparaíso Chile

1) Help the person to stop the bleed in their mouth by applying a compress of gauze or clean cotton.

2) Find the tooth. Hold the tooth by the crown (the white part), not by the root (the yellow part).

3) Replant immediately, if possible.

4) If contaminated, rinse shortly with cold tap water and put the tooth back in its place. This can be done by the child or an adult.

5) Hold the tooth in place. Bite on a handkerchief to hold it in position and go to the dentist immediately.

6) If you can not put the tooth back in, place it in a cup of milk or saline. When milk or saline are not available, place the tooth in the child's mouth (between the cheeks and gums)

7) Seek immediately specialized dental treatment. It is best to contact your own dentist, but NHS 111 can help you find an emergency dentist.

FREE IADT Dental Trauma First Aid App



**IADT ToothSOS
 Mobile App**

This app shows you how to take care of a dental trauma at the scene of an accident. The app has a lot of photos which will help compare the injury.