



## Prevent accidents first. . .

### ...but, know what to do when they do occur

What if you and some friends were playing an informal game of basketball and one of your friends was struck down by a hard jab to the mouth? Could you help? What if you were the one to fall face down, only to find you were bleeding and had lost a tooth? Would anyone with you know basic first aid?

It is important to be prepared in case such an accident takes place. The nation's top dental associations including the Academy for Sports Dentistry (ASD), American Academy of Pediatric Dentistry (AAPD), American Association of Oral and Maxillofacial Surgeons (AAOMS), American Association of Orthodontists (AAO), and the American Dental Association (ADA), offer the following first aid tips to assist you in case an accident occurs:

#### **Fractured/Broken tooth**

- Find the broken pieces, store in water or milk.
- See dentist within 24 hours – may be able to reattach the broken pieces of tooth.
- Analgesics for pain.

#### **Displaced tooth**

- See your dentist immediately.
- If the tooth is extruded (hangs down) try to reposition.

#### **Knocked out tooth**

- See your dentist immediately – time is essential! For best results, replantation should be done within 5 – 10 minutes.
- Upon locating the tooth, hold it by the crown (the wide part, not the pointed end/root).
- Rinse the tooth but avoid rubbing it or touching the root.
- Put the tooth back in its socket; cover with gauze or tissue and bite down to stabilize it. Or, briefly store the tooth in cold milk. Alternatively, spit in a cup and place the tooth in the cup.
- Do not let the tooth dry out. A tooth can usually be saved if cared for properly and reimplanted within an hour.

#### **Facial cuts**

- Cover the wound with a clean dressing and apply pressure.
- Dressing may become saturated; do not remove it. Apply more dressing and pressure.
- Go to a nearby hospital for emergency assistance.

#### **Cuts inside of the mouth**

- Gently rinse the mouth with cold water.
- Bite on some gauze, a clean cloth or tissue and apply pressure to the wound.
- Go to the closest hospital emergency department for immediate treatment.

### **Jaw injury**

The U-shaped lower jaw often suffers multiple breaks. An upper jaw fracture may cause visible distortion of the face.

If teeth fit together properly when the mouth is closed:

- Apply ice to control swelling and take ibuprofen or a similar remedy to control pain.
- Restrict diet to soft foods and if no improvement occurs within 24 hours, seek dental care.

If teeth do not fit together properly when the mouth is closed:

- Immediately seek emergency care.
- Gently align the jaws.
- Immobilize the jaw; wrap a cloth bandage under the chin and secure it over the head.
- Apply ice to control swelling.

### **Broken nose**

- Gently pack the nose with gauze or tissue.
- Apply ice. Do not blow nose.

### **Head and neck injury**

- Do not let the injured person be moved unless by professionals or if in danger.
- Immobilize the head by placing rolled towels on either side.
- Keep the injured person warm to avoid the risk of shock.
- If unconscious, clear the person's mouth and hold their tongue forward to maintain an open airway. Seek emergency care.

###

### **About National Facial Protection Month**

National Facial Protection Month takes place each year during the month of April. For further information and materials on this annual observance, visit the sponsoring associations' Web sites at the Academy for Sports Dentistry (<http://www.academyforsportsdentistry.org/>), American Academy of Pediatric Dentistry ([www.aapd.org](http://www.aapd.org)), American Association of Oral and Maxillofacial Surgeons ([www.aaoms.org](http://www.aaoms.org)), American Association of Orthodontists ([www.mylifemysmile.org](http://www.mylifemysmile.org)) and the American Dental Association ([www.mouthhealthy.org](http://www.mouthhealthy.org)).

### **About the Academy for Sports Dentistry**

*The Academy for Sports Dentistry was founded in 1983 as a forum for dentists, physicians, trainers, coaches, dental technicians, and educators interested in exchanging ideas related to sports dentistry and the dental needs of athletes at risk to sports' injuries. The Academy is an organization dedicated to health and fitness through education, service and research pertaining to the prevention and treatment of sports-related orofacial injuries and diseases. Activities include the collection and dissemination of information on dental athletic injuries and the encouragement of research on the prevention of dental injuries to athletes. This organization*

exists to promote the advancement of research pertaining to sports dentistry; the utilization of this knowledge for the promotion of better approaches to the prevention and the treatment of athletic injuries and oral disease; and the improvement of communication and cooperation among all members of the health care community in order to share and utilize this knowledge for the benefit of the people. For more information, visit the Academy Web site at <http://www.academyforsportsdentistry.org/>.

#### **About the American Academy of Pediatric Dentistry**

The American Academy of Pediatric Dentistry (AAPD) is the recognized authority on children's oral health. As advocates for children's oral health, the AAPD promotes evidence-based policies and clinical guidelines; educates and informs policymakers, parents and guardians, and other health care professionals; fosters research; and provides continuing professional education for pediatric dentists and general dentists who treat children. Founded in 1947, the AAPD is a not-for-profit professional membership association representing the specialty of pediatric dentistry. Its 9,000 members provide primary care and comprehensive dental specialty treatments for infants, children, adolescents and individuals with special health care needs. For further information, please visit the AAPD Web site at <http://www.aapd.org> or the AAPD's consumer Web site at <http://www.mychildrensteeth.org>.

#### **About the American Association of Oral and Maxillofacial Surgeons**

The experts in face, mouth and jaw surgery™ — The American Association of Oral and Maxillofacial Surgeons (AAOMS) is the professional organization representing more than 10,000 oral and maxillofacial surgeons, OMS residents and professional allied staff in the United States. AAOMS supports its fellows' and members' ability to practice their specialty through education, research and advocacy. AAOMS fellows and members comply with rigorous continuing education requirements and submit to periodic office anesthesia evaluations. For additional information about oral and maxillofacial surgery, visit the AAOMS Web site at [MyOMS.org](http://MyOMS.org).

#### **About the American Association of Orthodontists**

Founded in 1900, the American Association of Orthodontists (AAO) is the world's oldest and largest dental specialty organization. It represents 17,000 orthodontist members throughout the United States, Canada and abroad. The AAO encourages and sponsors key research to enable its members to provide the highest quality of care to patients, and is committed to educating the public about the need for, and benefits of, orthodontic treatment.

Orthodontists are uniquely qualified specialists who diagnose, prevent and treat dental and facial irregularities to correctly align teeth and jaws. Orthodontists receive an additional two to three years of specialized education in orthodontics beyond dental school at an accredited orthodontic residency program. For more information, visit [mylifemysmile.org](http://mylifemysmile.org).

#### **About the American Dental Association**

The not-for-profit ADA is the nation's largest dental association, representing 157,000 dentist members. The premier source of oral health information, the ADA has advocated for the public's health and promoted the art and science of dentistry since 1859. The ADA's state-of-the-art research facilities develop and test dental products and materials that have advanced the practice of dentistry and made the patient experience more positive. The ADA Seal of Acceptance long has been a valuable and respected guide to consumer dental care products. The monthly *The Journal of the American Dental Association (JADA)* is the ADA's flagship publication and the best-read scientific journal in dentistry. For more information about the ADA, visit [ada.org](http://ada.org). For more information on oral health, including prevention, care and treatment of dental disease, visit the ADA's consumer Web site [MouthHealthy.org](http://MouthHealthy.org).