

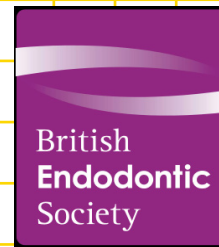
PREVENTING DENTAL INJURIES

Wear a mouth guard for all contact sports!



Should you go to A&E?

If the athlete suffers a head injury (concussion, unconsciousness) they must go to A&E first before seeing a dentist.



DENTAL TRAUMA GUIDE



Designed by:
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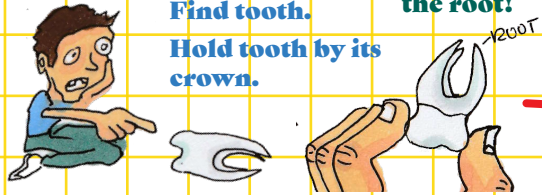
For more information, visit:
www.iadt-dentaltrauma.org/

**SAVE YOUR TEETH WITH PROMPT,
CORRECT MANAGEMENT**

WHAT IS THE INJURY?

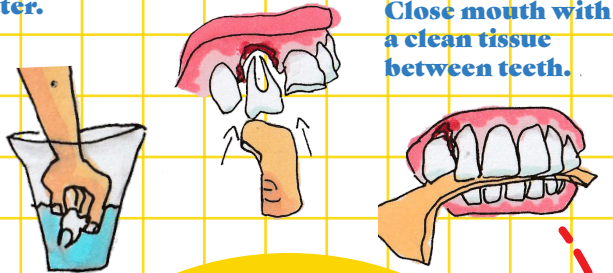
1. KNOCKED OUT

Do not touch the root!



Rinse briefly in water.

Replant tooth slowly with light digital pressure.



2. DISPLACEMENT

Rest teeth on clean tissue.



3. PUSHED IN

Stay calm!
Rest teeth on clean tissue.



4. LOOSENED

Close mouth with a clean tissue between teeth.



5. BROKEN

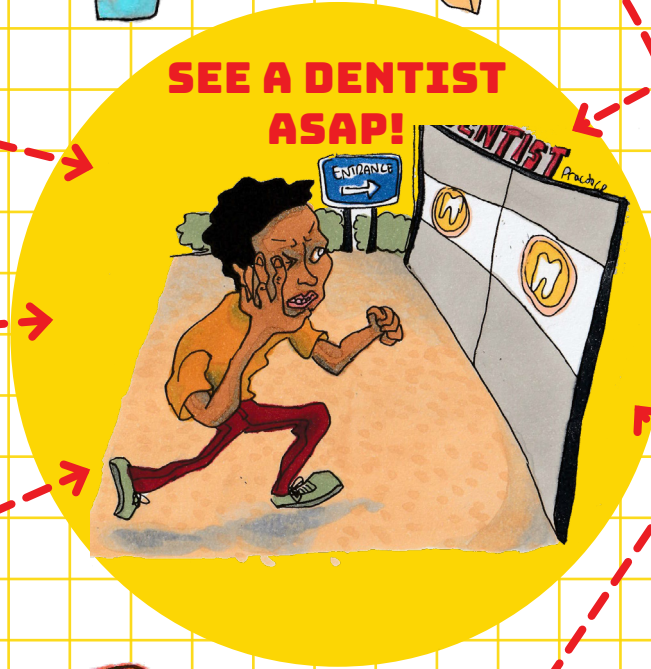
This is not an emergency, but needs attention.

Find piece of tooth.



Your dentist may be able to glue it back on.

SEE A DENTIST ASAP!



ACT QUICKLY!

The best chance to save the tooth is within the first 20 minutes of the accident.

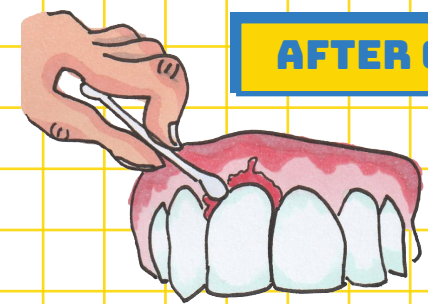
HOW TO STORE A TOOTH

Milk or saliva is usually available. Avoid letting the tooth dry out!



Please note: Putting the tooth back in the socket is the ideal option!

AFTER CARE



- Gently clean with cotton swab soaked in alcohol-free mouthwash twice a day
- Soft diet and good oral hygiene
- Attend follow-up appointments

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