

What to do with a knocked-out tooth...

If permanent teeth are knocked out, there is an excellent chance that they will survive if they are immediately placed back in the tooth socket and dental advice is sought straight away. Every minute the tooth is out of the socket, the less chance it has of surviving.

First aid for permanent teeth

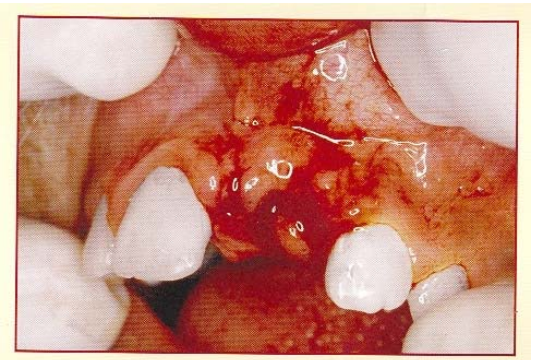
If your player has a permanent tooth knocked out:

- Handle the tooth by the crown not the root.
- Gently rinse the tooth in saliva or milk if it has debris on it. If water, rinse for 1-2 seconds only.
- Ideally, if the patient is able, get them to suck on the tooth to clean it.
- Replace the tooth in its socket, if the person is conscious. (Make sure it is facing the right way round!)
- Hold the tooth in place with some foil or by getting the player to gently bite on a handkerchief or gauze.
- **Contact your dentist immediately.**



If you can't put the tooth in its socket

- Wrap it in glad wrap or store it in milk, normal saline solution or have the patient suck on it.
- **Contact your dentist immediately.**



What not to do

- Do not try and clean the tooth with vigorous scrubbing or cleaning agents, *use saliva or milk*
- Don't let the tooth dry out
- Don't touch the roots

Why you shouldn't replace milk (baby) teeth

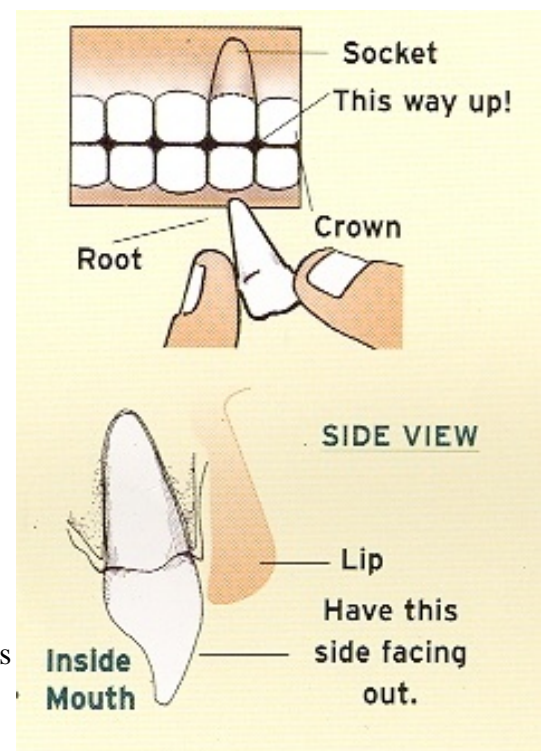
- You should not attempt to put a milk tooth back in its socket because:
- It may fuse to the socket, which leads to difficulties when it is time for the tooth to be shed.
- It may damage the permanent tooth underneath the socket.

Where to get help

- Your dentist or dental therapist.

Things to remember

- Permanent teeth should be replaced in the socket as soon as possible.
- Every minute counts when trying to save a permanent tooth.



- Always seek immediate advice from your dentist.
- Milk teeth should not be put back in their socket.
- Any injury which was bad enough to knock out a tooth may have caused damage to the jaw bone as well – it is important to see a dentist as soon as possible.

Resources

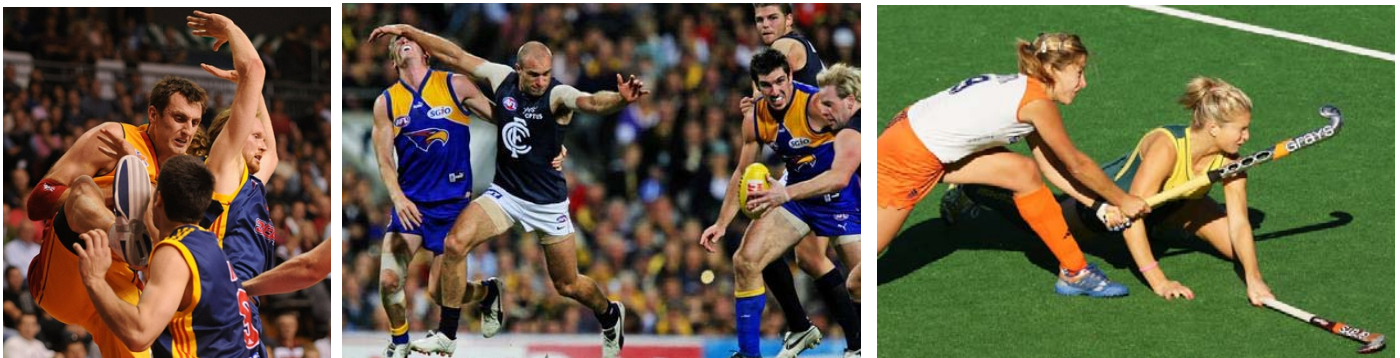
- For **South Australian families**, emergency care can be obtained from local dentists or school dental clinics (for children up to 18 years) (SA Health - Public Health Centres - SA Dental Services in the phone book)

After hours - emergency care:

- SA Dental Services (children only) - 8232 2651.
- **For adults** - if your private dentist is not available, for information about which dentists are available, phone 8272 8111 (Australian Dental Association), 5pm - 9pm week nights and 9am - 9pm weekends and public holidays. A fee will be charged by the dentist.

Prevention

Do we need to say it? Mouthguards should be worn by all participants in contacts sports, or sports involving sticks or balls. Why risk it? Prevention is ALWAYS better (and far less expensive) than cure.



WAKEFIELD

SPORTS CLINIC

EDUCATION PROGRAM

For more injury-related articles, please visit www.wakefieldsports.com.au/enews.cfm