

# Dislodged Teeth Guidelines

The Australian Dental Association recommends the following protocol:

## A. WHAT YOU SHOULD DO WHEN A TOOTH IS KNOCKED OUT

Remain calm.

Find the tooth.

Handle the tooth by the crown only.

If the tooth is clean, then replant it in the socket immediately.

If the tooth is dirty, clean it by

- rinsing in milk, or
- having the patient gently suck it, or
- rinsing it briefly in water [if you can't do either of the above
- then replant it in the socket as soon as possible.

When replanting the tooth, use the other teeth as a guide. Then have the patient hold the tooth in place with the fingers, by biting on a handkerchief or by placing an amount of aluminium foil over the area.

If you are unable to replant the tooth, keep the tooth moist by

- submerging it in milk, or
- sealing it in plastic wrap, or,
- placing it in the patient's mouth, next to the cheek.

If the tooth root appears fractured, then

- replant it in the socket, or
- place it in milk or plastic wrap.

SEEK IMMEDIATE DENTAL TREATMENT - TIME IS CRITICAL.

## B. WHAT YOU MUST NOT DO

Do not hold the tooth by the root surface.

Do not scrape or rub the root surface.

Do not let the tooth dry out.

Do not rinse the tooth in water for more than a second or two.

Do not store the tooth in water.

Do not delay seeking dental treatment.

To help prevent these sorts of injuries, the ADA strongly urges all sporting participants to wear professionally fitted mouth guards at all times when engaging in contact sport training or playing.