## Prevention of Tooth Injuries

Ensure safety by:

- Eliminate pushing or shoving during activities
- Walk, no running
- Avoid tripping
- Remove objects from floors
- Use handrails
- Wear helmets
- Wear mouth guards during contact sports

### Dental Emergency

#### What to do?

| Toothache                      | - Take child to the dentist as soon as possible.  
|                               | - Do **NOT** use heat or place aspirin on aching teeth and gum. |
| Tooth Chipped or Cracked       | - Gently clean injury with warm water  
|                               | - Assess for looseness to reduce the risk of aspiration or swallowing.  
|                               | - If a tooth is loose have child bite gently on gauze until they receive emergency dental care. |
| Baby Tooth Knocked Out         | - Do **NOT** put a baby tooth back in the socket.  
|                               | - Put the tooth in milk or water.  
|                               | - Take the child and the tooth to the dentist. |
| Permanent Tooth Knocked Out    | If a tooth is knocked out, it can be saved.  
|                               | - Find the tooth  
|                               | - Don’t touch the root of the tooth  
|                               | - If the tooth is dry rinse it with warm water  
|                               | - Do **NOT** scrub the tooth  
|                               | - Attempt to reinsert the tooth into the socket. Have the child gently bite down on gauze to stabilize the tooth. |
| Broken Tooth                   | - Using warm water, gently clean away dirt or debris.  
|                               | - If there is swelling, apply cold compress to the area.  
|                               | - If there is bleeding, apply direct pressure to the bleeding area.  
|                               | - Take the child to the dentist right away. |
| Bitten Lip or Tongue           | Injuries on the tongue or lip often bleed a lot.  
|                               | - If there is bleeding, apply direct pressure to the area with a clean cloth.  
|                               | - If there is swelling, apply cold compress.  
|                               | - If bleeding continues, take the child to the dentist or pediatrician. |

### Dental Emergency Kit

- Instructions for assessing oral injuries and providing first aid
- Non-latex gloves to wear while inspecting and cleaning the injury
- Clean gauze and cotton swabs to stop bleeding and clean the injury
- Plastic bags for biohazard waste disposal like blood-soaked gauze.
- Emergency phone numbers, including a child’s dentist.

### Did You Know?

- The upper front teeth are the most affected by accidents.
- At least 30% of preschoolers have had a dental injury of some kind.
- Tooth Decay is the most common chronic disease in children.

### Additional training

at smilesforlifeoralhealth.org

Montana Oral Health Program
http://dphhs.mt.gov/publichealth/oralhealth