



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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<p>If a tooth is knocked out, it can be saved.</p> <ul style="list-style-type: none"> • 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. <p>Have the child gently bite down on gauze to stabilize the tooth.</p>
Broken Tooth	<ul style="list-style-type: none"> • 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	<p>Injuries on the tongue or lip often bleed a lot.</p> <ul style="list-style-type: none"> • 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**