



FIRST AID for dental trauma

Sports and teeth don't always go together.
Follow these steps for the best chance at rescuing a knocked out tooth.



Keep calm. Find the tooth and pick it up by the crown (the white part). Avoid touching the root.



If the tooth is dirty, wash it briefly (10 seconds) under cold running water.



Transport the tooth in the mouth, keeping it between the molars and the inside of the cheek.



If its a permanent tooth you can replant it (not if its a baby tooth). Bite on a handkerchief to hold it in position.



Young children may swallow the tooth—so instead have them spit in a container and place the tooth in it. Otherwise use milk or saline.



Seek emergency dental treatment immediately.



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