

Dental Trauma

Don't panic!

Here's what to do to help save your tooth

Knocked a tooth out?

Step 1: Pick the tooth up by the crown only (do not touch the root)



Step 2: Lick the tooth clean if it is dirty, or rinse it in water

Step 3: Stick the tooth back in position (**adult teeth only**)



***** Never try to put back a baby tooth *****

Step 4: Bite on a handkerchief to hold it in place

Step 5: Go straight to a dentist

If it's not possible to put the tooth back in position, put the tooth in cows milk and go straight to a dentist (out of hours go to A&E).



Broken or chipped a tooth?

Tooth fragments can sometimes be glued back into position.

Find the fragment, and take it to your dentist who might try to stick the fragment back on or build your tooth up with a tooth-coloured filling.

For more information visit the dental trauma UK website. Call a dentist or call 111.

