



DO YOU KNOW YOUR DENTAL FIRST AID?



All concussion or head injuries require immediate medical attention.

Act quickly! Delaying medical treatment may decrease the likelihood of saving the tooth!

KNOCKED OUT ADULT TOOTH

Seek immediate dental treatment.

- Handle the crown of the tooth (white part) only.
- If contaminated, rinse in milk or water quickly.
- Immediately place the tooth back in position and hold gently. If unable to replant the tooth, transport the tooth in milk, saline or the owner's saliva only.

Do **not** replant baby teeth.

TOOTHACHE

Facial swelling requires emergency medical treatment.

- Floss and clean around the tooth well. If the pain doesn't subside after a couple of days, make a dental appointment as soon as possible.
- If you see an abscess or pimple on the gum, seek dental advice immediately.

BROKEN, CHIPPED OR MOVED TOOTH

Seek urgent dental treatment.

- The extent of a chip, fracture or the movement of a tooth may not be visible to the naked eye.
- Store any broken pieces of tooth in milk, saline or saliva.

SOFT TISSUE TRAUMA

Uncontrolled bleeding requires emergency treatment.

- Gently clean wound with saline or clean water and apply pressure with a clean bandage or tissue.
- Apply a cold compress to relieve swelling.

Adapted from Evidence-based treatment guide, *Dental Trauma Guide* (2020) and International Association of Dental Traumatology.

ToothSOS mobile app



Free step-by-step guidance in the event of dental trauma, provided by the International Association of Dental Traumatology (www.IADT-DentalTrauma.org)

FREE PUBLIC DENTAL TREATMENT IS AVAILABLE TO ALL ELIGIBLE HIGH SCHOOL STUDENTS

For more information

Contact Metro North Oral Health Services



www.health.qld.gov.au/metronorth/oral-health



Call Centre on **1300 300 850**

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