



🦷 Tooth Injury: What should you do? 🦷

An avulsed tooth is one that has been completely knocked out of its place. This is a time dependent injury.

The best outcome requires quick action.



- 1) **Find the tooth.**
- 2) **Pick up the tooth by the crown.** It is the part that is used to chew your food.
- 3) **Gently rinse the tooth with distilled water or milk for a few seconds. Do not scrub the tooth.** Only use chlorinated tap water as a last choice, because it may damage the root.
 - **Adult teeth should be immediately replaced into its hole whenever possible.** Hold the tooth by the crown and put it back firmly into the hole, root first. The root will usually “click” into place. Then ask the child to bite down gently on a gauze or cloth. Take the child to the dentist as soon as possible. If the tooth cannot be replaced in its hole, it should be stored in cold milk or saliva until transferred to the dentist.
 - **Baby teeth should not be replanted** as it could damage the adult tooth formation. The child should see the dentist as soon as possible.

If a child shows any sign of a head injury such as unconsciousness, nausea or headache, call 911.

For more information talk to your dentist or dental hygienist or call Ottawa Public Health at 613-580-6744.