Mouth Injuries

- Tooth Loss
- Bleeding From the Mouth

Tooth Loss

Plan of Action:

It's sometimes possible to successfully implant permanent teeth that have been knocked out, but only if you follow the steps below immediately — before you see a dentist.

- Handle your tooth by the top or crown only — don't touch the roots.
- Inspect the crown and root to determine if any portion of either appears to be missing or fractured.
- Don't rub the tooth or scrape it to remove debris. This damages the root surface, making the tooth less likely to survive.
- If your tooth has dirt or foreign material on it, gently rinse your tooth briefly — no more than 10 seconds — in a bowl of lukewarm tap water to remove the debris. Don't hold it under running water, because too much tap water could kill the cells on the root surface that help reattach the tooth.
- Try to put your tooth back in the socket. If it doesn't go all the way into place, bite down slowly and gently on gauze or a moistened paper towel to help keep it in place. Hold the tooth in place until you see your dentist.
- If you can't put your tooth back in the socket, immediately place it between your cheek and gum, or in cold milk or your own saliva. Or use an over-the-counter product that preserves a

knocked-out tooth, such as those approved by the American Dental Association, if you have quick access to it.

- Get emergency dental care. If your dentist's office isn't open, go to the emergency room.

For permanent teeth, if a sharp surface or shiny surface is apparent, there's a chance that part of the root is still in the socket, and reimplantation becomes less successful. If reimplantation doesn't occur within two hours after the tooth is knocked out — sooner is better — the likelihood of success becomes poor. So it's vital to get emergency dental care.

Bleeding From the Mouth

What is it?

> Bleeding occurring inside or on the mouth from the teeth, tongue, lip, gums, or cheek.

Plan of Action:

- If the bleeding is coming from the tongue, lip, or cheek and you can reach it easily, apply pressure with a gauze or clean cloth.
- If you can't stop the bleeding in 5 to 10 minutes or if the person has trouble breathing, call 911.
- If a mouth injury is severe, blood or broken teeth can block the airway and/or be a choking hazard.