

PATIENT FACT SHEET



DENTAL CARE PROFESSIONALS



What to do if you have a tooth knocked out !

1. Handle the tooth carefully

The first step after losing a tooth is to ensure that you handle the tooth that has been knocked out with care. Hold by the crown and avoid touching the soft root at all costs, as this may cause damage to the nerves and tissues, making it harder or impossible for your tooth to be repaired.

2. Rinse under water

If there is dirt on the root rinse it carefully under water from the cold tap briefly (10 seconds). Do not scrub or scrape the root and don't use alcohol.

3. Reinsert the tooth or safely store

It is recommended that you attempt to replace the tooth in its socket after it has been sterilised, as this helps the dentist re-implant the tooth, and keeps the root of the tooth healthy. Place the tooth in the right position and bite down gently on gauze, washcloth or a clean handkerchief, but don't force it. If it doesn't fit, keep it preserved. If you're not able to reinsert then store the tooth in milk and seek dental emergency help as soon as possible.

4. Try to keep calm

seek emergency dental treatment immediately . Give Pain relief if in pain and apply an icepack to the injured area.

5. See your dentist

As soon as you can, make an appointment with your dentist. The longer you wait before receiving dental care, the harder it will be to re-implant the tooth and the more risk there is of having the socket become infected.
At Dental Care Professionals we treat emergencies as quickly as possible.

How can I protect my teeth?

Losing teeth can be the result of neglect, accident, or illness, but there are ways you can protect the health of your teeth. To avoid decay and cavities, ensure you brush twice daily with fluoride toothpaste and floss, and visit your dentist regularly for check-ups.

If you play sport, make sure to always protect your teeth and mouth with a custom fitted mouth guard (made by the dentist with accurate impressions of your mouth).



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For more information on protecting your teeth and maintaining a healthy smile, our team at Dental Care Professionals are here to care for you and your family. Book today,

Call 8232 3280.