

Dental First Aid for Displacement

This playbook describes the steps to manage a dental emergency involving a displaced or knocked out tooth. It guides through immediate first aid measures to increase the chance of saving the tooth and reducing complications before professional dental care is obtained.

Step 1: **Assess Injury**

Quickly assess the injury to determine if the tooth is knocked out, loose, or fractured. Look for bleeding or additional trauma to the mouth or face.

Step 2: **Find Tooth**

If the tooth is knocked out, locate it immediately. Handle the tooth by its crown (the part used for chewing) and not by the root to avoid damage.

Step 3: **Rinse Tooth**

Gently rinse the knocked out tooth with milk or saline solution without scrubbing it to remove dirt or debris. Do not use tap water as it may harm the root surface cells.

Step 4: **Reposition Tooth**

If possible, try to reinsert the tooth into its socket gently. Make sure it faces the right way but do not force it into the socket.

Step 5: **Keep Tooth Moist**

If reinsertion isn't possible, keep the tooth moist by placing it in milk, saline solution, or saliva. Avoid storing it in tap water.

Step 6: **Control Bleeding**

Apply a sterile gauze or a clean cloth and ask the person to bite down to control bleeding from the socket.

Step 7: **Seek Dental Care**

Go to a dentist or an emergency room immediately, ideally within 30 minutes. Bring the preserved tooth with you.

General Notes

Avoid Delays

Time is critical in saving a knocked-out tooth; hence immediate action is necessary.

Avoid Dryness

Never store the tooth dry as this can cause the cells on the root to die quickly.