

Dental Trauma Guide



Bumped tooth

If the tooth or bite position has changed, softly close the front teeth on a cloth or tissue and contact your dentist for an emergency appointment. If the tooth's position looks normal, monitor the tooth and contact your dentist if you notice any changes in the tooth or gums colour or if pain persists.

Broken tooth

Call your dentist immediately for an emergency appointment. If the tooth is chipped or fractured, try and find the fragment and take it to your appointment. They will be able to determine the correct treatment based on the depth of the break.



Knocked out- Baby tooth

If you are unsure if it was a baby or adult tooth, place it in cold milk or the person's saliva and call for an emergency appointment. It's important not to try and reinsert the tooth as this can harm the permanent tooth's formation. If you cannot find the tooth, still call your dentist for an emergency appointment to ensure the tooth has not been swallowed or trapped in soft tissue.



Knocked out- Adult tooth

If the person is conscious, rinse and reimplant the tooth in the socket and have them bite on a cloth to hold the tooth in place. If you cannot hold the tooth in place, store it in cold cow's milk, saline or saliva. It is best to see the dentist within 30 minutes if possible.



Soft tissue- Upper lip

If you have a tear between your lip and gum, it is normal to bleed quite a lot. Apply firm pressure with a damp cloth. Determine if the teeth and gums have been injured and call your dentist for an emergency appointment.



Soft tissue- Gums

The lips protect the teeth and will often swell when a mouth injury occurs. Swelling is often worse the day after the injury. Apply a cold pack and light pressure to reduce the swelling. If the gum has been injured or cut and the tooth's roots are visible, call your dentist for an emergency appointment.

