

# Dental Trauma Advice: School Bulletin

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## Guidance for dental trauma in children

Dental trauma is common in children, particularly those who like to play sports. The best way to prevent dental trauma from happening is to wear a good fitting mouthguard while playing 'contact sports'. These include, hockey, rugby and cricket. Dentists can make well-fitting mouthguards for children.

## A chipped tooth

If possible, find the fragment of tooth and keep it for the dentist, as they may be able to glue it back on! It is important for to go to the dentist as soon as possible.

## Tooth knocked out

The following advice is only for ADULT teeth. Baby teeth should NOT be stuck back in.

1. Find the tooth
2. Pick it up by the CROWN (the fat end). Do NOT touch the root
3. Gently rinse the tooth in water to remove any grit/mud
4. Stick the tooth back in position (ADULT teeth only)
5. Go to a dentist straight away – within 2 hours is best.

If it is not possible to stick the tooth back then it may be stored in fresh milk, or it can be kept in the child's cheek. Their own saliva will protect the tooth.

Go to a dentist immediately. If the dentist is not open, go to A & E. It is worth checking that the A & E has an emergency dentist oncall (or a maxillofacial department who deal with teeth). The first 2 hours are the most important to get the tooth back into place.