

The Canberra Sports Coach's Guide To Dental First Aid

Developed for Coaches of all sports, with a focus on saving our kids' teeth

Knocked Out Tooth
(this side)

Dislodged Tooth
(this side)

Broken Tooth
(other side)

Lacerated Soft Tissues
(other side)

In all cases

Keep calm and help the child do likewise

Check for concussion and other injuries. Treatment of concussion should take priority over dental injuries.

Contact an ambulance: (000)



KNOCKED OUT TOOTH

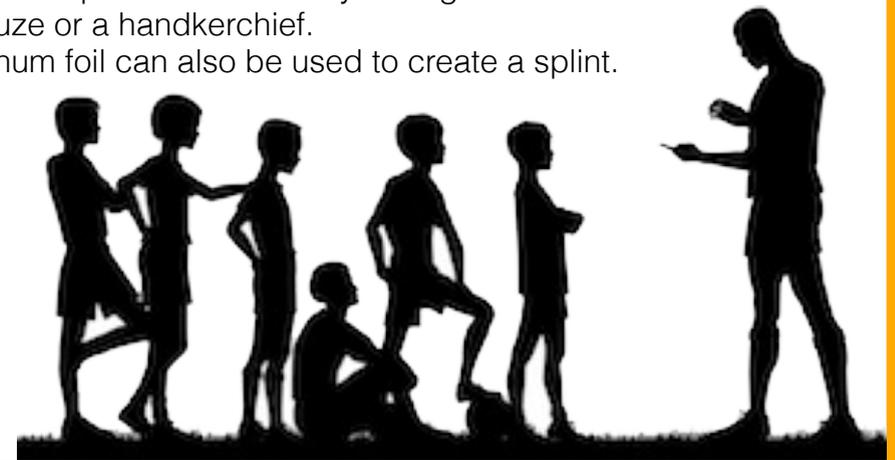
Before doing first aid on a knocked tooth make sure that it is an adult tooth as there is no need to replace a knocked out baby tooth. For knocked out adult tooth, follow these steps:

1. Time is essential in re-implanting a knocked out tooth. Quickly locate the tooth and clean it. Remember: do not implant the tooth if it isn't cleaned.
2. To clean the tooth: rinse the root of the tooth in fresh milk or sterile saline from a first aid kit.
3. Another way to clean the tooth is to have the child gently suck the root of his/her tooth. It is important to keep the tooth moist.
4. Reposition the tooth in the socket and make sure the child keeps it in place. Ask an older child to do so by holding the tooth in place with light finger pressure. A younger child will need assistance to keep the tooth in socket.
5. Bring the child to a dentist. A knocked out tooth that is re-implanted and stabilised by a dentist has a best chance of survival.

DISLODGED TOOTH

A dislodged tooth happens when a tooth has received a blow and was moved out of position.

1. Using the nearby teeth as guide, try to return the tooth to its original position using light finger pressure.
2. Do not put too much pressure on the tooth to move it to position.
3. Stabilise the repositioned tooth by asking the child to bite on a clean gauze or a handkerchief.
4. An aluminum foil can also be used to create a splint.
5. Remind the child not to bite too hard.



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BROKEN TOOTH

1. Try to find the broken pieces of tooth. You can store the pieces wet or dry.
2. Clean the affected area with warm water or saline solution.
3. Apply cold compress or ice pack on the affected area.
4. Take the injured child to the dentist immediately.



LACERATED SOFT TISSUES

1. Using a clean gauze or cloth, apply pressure to the wound. The tissues of the mouth, lips, cheeks, or tongue—having a good blood supply—often bleed profusely. Applying firm pressure will cause the bleeding to slow and stop.
2. Apply cold compress or ice packet to minimise swelling.
3. Some lacerations, if too deep, need stitches in order to heal properly. Immediately check the depth of the laceration. If unsure, bring the child to the dentist for assessment.
4. If the blood is bright red and flowing freely take the child to the emergency department or call an ambulance for assistance.

Preventing Dental Injuries

As a coach, you have an important role to play in the health and well-being of those in your care. Please encourage your players to wear a mouthguard at training and during games. Mouthguards should fit comfortably and be retentive (stay in place even when the player's teeth are apart). The Australian Dental Association advises that the best mouthguards are custom-fitted for the individual child. For more information, please go to corinnadental.com.au/mouthguards

Emergency Numbers
Ambulance
(000)
Dentist