



## Emergency Treatment of Dental Trauma

**REMAIN CALM:** Your response will affect a person's ability to cooperate. All incidents should be handled calmly and quietly. A panicked person is more likely to cause difficulty for care givers providing treatment and may lead to further trauma. In all cases, remain with the person and do not leave them unattended.

**SURVEY SCENE FOR SAFETY:** Ensure the environment is safe before proceeding to prevent additional harm to self or others. If environment remains unsafe to provide first aid care, call 000 or local emergency medical services for assistance.

**PROVIDE APPROPRIATE FIRST AID CARE:** If injury is 'life threatening' call 000. Perform DRSABCD and FIRST AID.

**DRSABCD (In life threatening conditions):** Information from DRSABCD Action Plan, St Johns 2018 and Better Health, Victorian Government, St Johns 2014.

**D - Danger:** Ensure the area is safe for yourself, others and the patient.

**R - Response:** Check for a response when you talk to them, touch their hands or squeeze their shoulder. **No response** – send for help. **Response** – make the person comfortable and monitor response.

**S - Send for help:** Call triple zero (000) or ask another person to make the call. Try and answer as many questions asked by the operator.

**A - Airway:** Open the mouth and check the airway for foreign material. **Foreign material** - place in the recovery position and clear the airway. **No Foreign material** - leave in position. Open the airway by tilting the head back with a chin lift.

**B - Breathing:** Check if the patient is breathing: Look, Listen, and Feel for 10 seconds. **Not normal breathing** - ensure an ambulance has been called; start CPR. **Normal breathing** - place in the recovery position and monitor breathing.

**C - CPR:** As per current CPR guidelines.

**D - Defibrillator:** For unconscious adults who are not breathing, apply an automated external defibrillator (AED) if one is available. They are available in many public places, clubs and organisations.

### Injury to Gums or Lips:

1. Wear latex or vinyl gloves if available and control bleeding with direct pressure.
2. Apply cold compress or ice to the swollen area.
3. If bleeding continues or the wound is large the person needs to see a dentist or doctor.

### Injury to Teeth:

**Fractured:**

1. Rinse any debris from tooth with cool water. Try to find the broken piece and store in milk or water.
2. Place cold compress over the injured area.
3. Contact dentist for immediate treatment.

**Knocked Out:**

1. Find the tooth – **this is for adult teeth only, do not place baby teeth back in.**
2. Do not touch the tooth root with fingers.
2. Rinse any debris from tooth with cool water.
3. If tooth is intact, reinsert it in its socket and have the person bite down on a clean dressing to keep it in place.
4. If tooth cannot be reinserted in its socket, place tooth into a clean container of cool milk (preferred) or water.
5. Contact dentist for immediate treatment.

**Loose:**

1. Try to move the tooth/teeth gently back into their original position.
2. Close the mouth and use either a piece of gauze, napkin or clean handkerchief between the upper and lower front teeth.
3. Contact dentist for immediate treatment.

### Injury to Tongue:

1. Wear latex or vinyl gloves and control bleeding by pressing both sides of the tongue firmly but gently with gauze.
2. If bleeding does not stop after 15 minutes of firm but gentle pressure, contact emergency at your nearest hospital for immediate treatment.

**Keeping Record:** A record should be kept of treatment provided. In case there are issues relating to insurance and public liability.

**For more information:** Download the ToothSOS app from the app store. This is an app developed from the International Association of Dental Traumatology, which provides advice in case of a dental emergency.