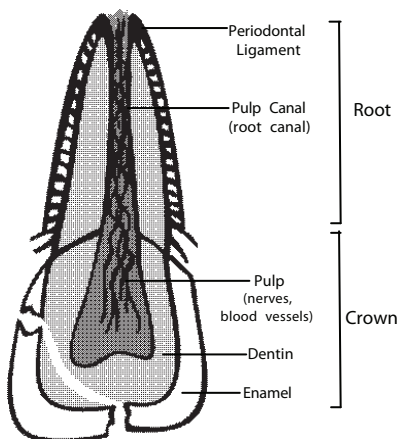


Emergency Treatment of Dental Injuries in Sport



Professionally-made, properly fitted Custom Mouthguards are recommended for all contact and collision sports.

AVULSION (Entire Tooth Knocked Out)

1. Avoid additional trauma to tooth while handling. **Do Not** handle tooth by the root. **Do Not** brush or scrub tooth. **Do Not** sterilize tooth.
2. If debris is on tooth, gently rinse with water.
3. If possible, reimplant tooth and stabilize by biting down gently on towel or handkerchief. Do only if athlete is alert and conscious.
4. If unable to reimplant:
BEST - Place tooth in a balanced saline solution.
2nd Best - Place tooth in cold milk
3rd Best - Wrap tooth in saline soaked gauze.
4th Best - Place tooth under athlete's tongue. Do this **ONLY** if athlete is conscious and alert.
5th Best - Place tooth in cup of water.
5. **Time is very important.** Reimplantation within 5 minutes has the highest degree of success rate. **TRANSPORT IMMEDIATELY TO DENTIST.**

LUXATION (Tooth in socket, but wrong position)

THREE POSITIONS

EXTRUDED TOOTH -

Upper tooth hangs down and/or lower tooth raised up.

1. Reposition tooth in socket using firm finger pressure.
2. Stabilize tooth by gently biting on towel or handkerchief.
3. TRANSPORT IMMEDIATELY TO DENTIST.

LATERAL DISPLACEMENT -

Tooth pushed back or pulled forward.

1. Try to reposition tooth using firm finger pressure.
2. Athlete may require local anesthetic to reposition tooth; if so stabilize tooth by gently biting on towel or handkerchief.
3. TRANSPORT IMMEDIATELY TO DENTIST.

INTRUDED TOOTH -

Tooth pushed into gum - looks short.

1. Do nothing - avoid any repositioning of tooth
2. TRANSPORT IMMEDIATELY TO DENTIST.

FRACTURE (Broken Tooth)

1. If tooth is totally broken in half, save the broken portion and bring tooth to dental office as described under Avulsion, Item 4. Stabilize portion of tooth left in mouth by gently biting on towel or handkerchief to control bleeding.
2. Should extreme pain occur, limit contact with other teeth, air or tongue. Pulp nerve may be exposed, which is extremely painful to athlete.
3. **IMMEDIATELY** TRANSPORT PATIENT **AND** TOOTH FRAGMENTS TO DENTIST.



Sport Medicine & Science
Council of Manitoba
145 Pacific Ave
Winnipeg, MB R3B 2Z6
925-5750

www.sportmed.mb.ca



Manitoba Dental
Association
103-698 Corydon Avenue
Winnipeg, MB R3M 0V9
988-5300
Fax 988-5310
ManitobaDentist.ca

**PROPERLY FITTED MOUTHGUARDS
SHOULD BE STANDARD EQUIPMENT**

with support from the
Academy for Sports Dentistry



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