



# Lovely Dental Care

## Dental First Aid The Dislodged Tooth

Follow these guidelines to provide dental first aid when a tooth has been dislodged or loosened as a result of an accident.

### DO

#### Remain calm

Encourage the injured person to do the same.

### DO

#### Check

If the person has concussion or other injuries. Provide first aid if necessary.

### DO

#### Call 000 for an ambulance

If the person has serious injuries.

### DO

#### Attempt to reposition the tooth

Try to move the tooth back into its original position.

### DO

#### Use the nearby teeth as a guide

The other teeth may help you to position the tooth correctly

### DO

#### Secure the tooth

In the socket using light finger pressure or a splint made from foil

### DO

#### Go to the dentist immediately

The tooth should be reviewed by a dentist as soon as possible for the best chance of success.

### DON'T

#### Use excessive force to reposition the tooth

Position it gently.

We are committed to protecting the teeth of all athletes of Geelong. If you would like more information about first aid for dental injuries, mouthguards, or good nutrition for athletes of all ages, please feel free to contact us.

**Call 5298 1020**

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