



Accidents or Injuries to the Teeth or Face

In case of an emergency

Remain calm and assess the situation

Immediately seek emergency (000) medical attention if:

- There is any loss of consciousness
- Airway or breathing difficulties
- Dizziness, vomiting or fainting
- Significant bleeding from the mouth or face
- Significant injury to teeth, gums, tongue, face, lips, cheeks or other areas in the mouth.



Knocked out tooth!

Remain calm and act quickly!

1. Find the tooth if possible.
2. Handle it by the crown (the whiter part) not the root.
3. Place tooth in a container and cover with a small amount of milk. **Do not scrub.**
4. **Seek** dental help immediately.
5. The dental professional will replace the tooth providing it is appropriate.
6. **Time is critical for success.**

A chipped tooth!

- If the chip is only **minimal** and there is only minimal bleeding and no pain, **don't panic. Seek dental advice.**
- If the tooth has been badly fractured and there is **pain** and **sensitivity** with or without bleeding. **Seek dental and/or medical advice urgently.**

Playing sport?

Remember:

Protect your teeth and wear a professionally fitted mouthguard.

