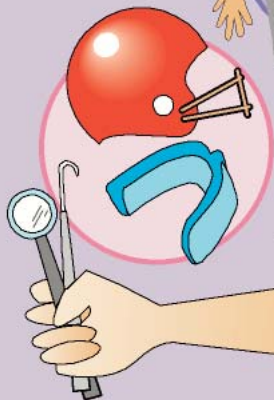



Dental Injuries- What You Can Do





What Is A Dental Injury?

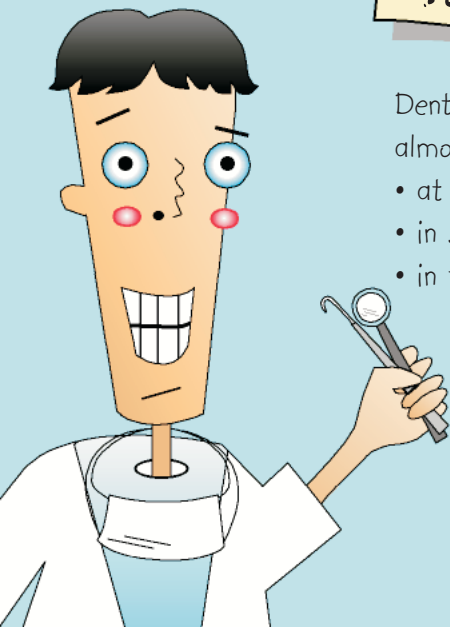
Dental injury is an injury to the lips, teeth, gums, tongue or even the jaw bones. It usually involves the teeth.



Where Can Dental Injuries Take Place?

Dental injuries can occur almost anywhere:

- at home
- in school
- in the playground



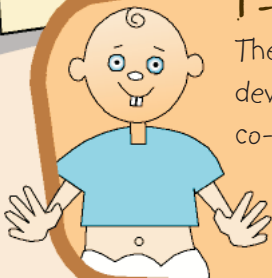


What Are
The Common
Injuries?

- 
- Fractured teeth
 - Mobile teeth
(loose teeth)
 - Avulsed teeth
(Completely
knocked out teeth)
 - Facial injuries



Who Are At Risk Of Dental Injuries?



1 - 3 year old children

They have yet to fully develop their sense of co-ordination and so may be unsteady when walking or running.

4

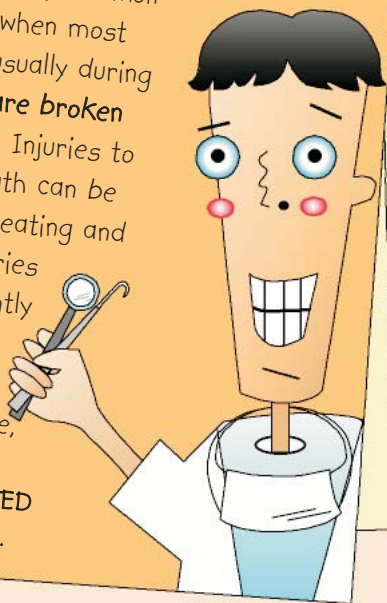
7 - 16 year old children

They begin to participate in sporting activities such as rugby and cricket.



Prevention is the Best Policy!

Dental injuries are very common during childhood when most accidents occur, usually during play. **Teeth that are broken cannot grow back.** Injuries to the teeth and mouth can be painful and affect eating and drinking. Such injuries may also permanently affect the appearance of your child. Therefore, **DENTAL INJURIES SHOULD BE PREVENTED WHEREVER POSSIBLE.**





How To Prevent Dental Injury?



At play

Make play areas safe

- Place smooth plastic protectors on sharp edges of furniture and walls, or use soft or rounded furniture in common areas.
- Line play areas with impact-absorbing material to cushion the impact during falls.
- Supervise your children during play.

During sporting activities

Follow safety precautions

- Put on protective gear such as helmets and mouthguards as required during contact sports, or other high-risk activities e.g. roller blading, skate boarding, speed cycling.



7



(A mouthguard is a flexible plastic used to prevent injuries to the mouth.

Consult a dentist about using a mouthguard).

- Teach your children to take necessary precautions about where and how they play their chosen sport.



During travel

In a car

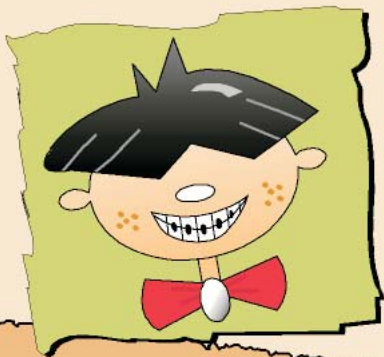
- Always ensure children are in car seats (as required by law) or use seatbelts.



Physical risks

Some physical characteristics can increase risk of injury e.g. front teeth that are jutting out (protruding).

In such cases, consult an Orthodontist (a dental specialist) to straighten the teeth with braces to prevent possible injury.

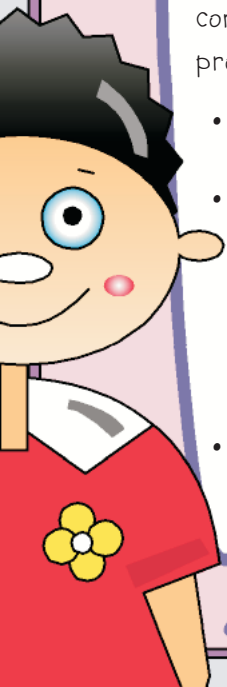




What To Do If A Dental Injury Occurs?

Prompt and correct action will give the best chances of recovery and prevent complications. In all instances, seek professional advice immediately.

- Keep calm
- Check that your child is conscious, and that there is no severe injury. If there is, take your child to the nearest A & E Department immediately.
- Also check for these dental injuries:



Dental Injuries



Fracture of the jaw



What to do

- Minimise movement of the affected area.
- Take your child to an A&E Department.



Displaced or loose teeth



What to do

- Take your child to a dentist immediately.



Fractured teeth



What to do

- Take your child to a **dentist immediately**.
- Take the fragment of the broken tooth along, if you can find it.
- A dentist can usually preserve and restore the tooth.



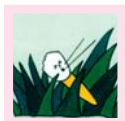


Picture 1

Completely knocked out teeth

What to do

- Find the tooth
- Hold it by the **crown only**;
DO NOT TOUCH THE ROOT
(see Picture 1).
- If the tooth is very dirty,
rinse it gently under cool
tap water.
- Place the tooth in either:
 1. a glass of **milk/water** or
 2. a clean, **moist towel** or
 3. **back into its socket if possible**, holding it in position by biting gently on a piece of gauze (Do not do this if the tooth is a baby tooth).



Take your child to a **dentist immediately**.

If the tooth is replanted within 30 minutes, the chance of success is 90%; if within an hour the chance is 75%.



Cuts and other injuries to the lips, tongue, face and cheeks

What to do

- **Check** that there are no other more serious dental injuries.
- **Gently clean** all the dirt and debris from the wound with clean water.
- Using a clean piece of gauze or cloth, **apply firm pressure** to the wound to stop the bleeding.
- If the bleeding does not stop in a few minutes, take your child to the nearest A & E Department immediately.
- If the cut is large, and especially if it is on the face, consult a doctor or dentist to see if stitches are needed.

Dental injuries are largely preventable. However, if they occur, seek treatment immediately. With timely attention and proper management, the chances of recovery increase.

