

# Broken or knocked-out tooth



## SIGNS & SYMPTOMS

- Loss of a tooth or part of a tooth
- Nicked or chipped tooth or teeth

## CAUSES

An injury or a strain on a tooth, such as from biting on a hard object can cause a broken, knocked-out, or chipped tooth.

## TREATMENT

When a tooth gets knocked out, go to the dentist as soon as possible. Keep the tooth moist until you get to the dentist. Follow up treatment is also needed.



## SELF-CARE

## TRIAGE QUESTIONS

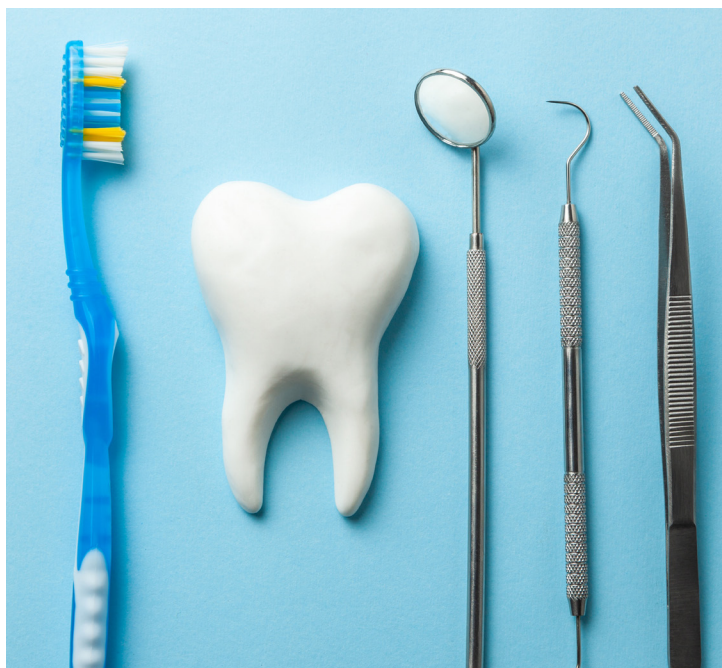
Has one or more teeth been broken or knocked out?

NO

YES ➔

**GET MEDICAL CARE FAST**  
(from a dentist or hospital emergency department)

**USE SELF-CARE**



### Knocked-Out Tooth

- If you find the tooth, pick it up by the crown (chewing surface). Avoid contact with the root.
- Rinse off the rest of the tooth with clear water. Do not scrub the tooth or remove any tissue that is attached to the tooth.
- If possible (and if you're alert), gently put the tooth back in its socket or hold it under your tongue. Otherwise, put the tooth in a glass of milk, cool salt water, or a wet cloth. Don't let the tooth dry out.
- If the gum is bleeding, hold a gauze pad or a clean tissue tightly in place over the wound.
- Try to get to a dentist within 30 minutes of the accident. If the dentist is not available, go to a hospital emergency department. Take the tooth with you.

### Broken Tooth

- To reduce swelling, apply a cold compress to the area.
- Save any broken tooth fragments. Put them in a wet cloth or milk. Take them to the dentist.

### Protect Teeth From Damage & Injury

- Don't chew on ice, pens, popcorn kernels, etc.
- Don't use your teeth to pry things open.
- If you smoke a pipe, don't bite down on the stem.
- If you grind your teeth at night, ask your dentist if you should be fitted for a bite plate.
- If you play contact sports like football or hockey, wear a protective mouthguard. Mouthguards may also be useful for non-contact sports, such as gymnastics. Discuss the need of using a mouthguard with your dentist.
- Don't suck on lemons or chew aspirin or vitamin C tablets. Acids in these wear away tooth enamel.