

## **Dental Injuries**

Blood supply to the head is abundant so that any injury to the face or mouth bleeds profusely. In the case of dental/mouth injuries blood mixing with saliva increases the risk of blood-borne infection.

When providing any care wear gloves to reduce this risk.

With all dental injuries tooth fragments must be recovered otherwise a chest X-ray is required to exclude inhalation.

Dental injuries can also occur with problems such as fractured mandible, fractured cheek, concussion or unconsciousness. These problems must also be managed. Only a permanent (second) tooth should be replaced into the socket, and only if the athlete is conscious.

### ***Permanent Tooth Knocked Out of the Socket Completely (Avulsion)***

Any dental injury is distressing especially when a permanent tooth is knocked out. Teeth that are reinserted into their socket within twenty minutes have the best chance of surviving. Immediate care provided by the Sports Trainer at the scene will determine the fate of the injured tooth.

#### ***Management***

1. Locate the tooth and recover all tooth fragments.
2. Holding tooth by the crown (white part) carefully rinse dirt from the tooth with one of the following:-

- *Best Option* – Splinting Disc (in Dentist In A Box from Sports Medicine Australia)
- *Second Option* -Milk
- *Third Option* -Water

If you can re-insert the tooth:-

1. Immediately replant tooth in its socket using other teeth as a guide.
2. Stabilise replanted tooth is necessary by:

- *Best Option* – Splinting Disc (In Dentist In A Box from Sports Medicine Australia)
- *Second Option*- Biting into towel or handkerchief.
- Holding tooth in place by finger pressure.

If you cannot re-insert the tooth:-

1. Keep the tooth moist by placing tooth in:
  - *Best Option* – Saline Container (in Dentist In A Box from Sports Medicine Australia)
  - *Second Option* -Container of Milk
  - *Third Option* -Athlete's mouth.
1. Fold a small gauze square several times to make a pack that is placed over wound.
2. The athlete closes their teeth onto the pack applying firm biting pressure to control bleeding.
3. Attend a dentist as soon as possible.



### ***Chipped or Broken Teeth***

A common injury that can affect any tooth. The injured tooth may be painful to temperature change or movement of air across the tooth surface by breathing through the mouth. Covering the exposed area of tooth provides relief. Bleeding from the inside of the mouth and lips can occur due to the jagged or broken edges of affected teeth.

1. Recover and store the broken tooth fragments to aid the dentist. (The recovered tooth fragments can be temporarily but securely attached with splinting material in Dentist In A Box from Sports Medicine Australia).
2. Attend a dentist as soon as possible.

### ***Tooth loosened or pushed out of position (Luxation)***

A permanent tooth may be loosened or moved out of position but not completely out of its position.

The management of this includes:

1. Move the tooth into the correct position as soon as possible.
2. Stabilise replanted tooth if necessary by:
  - Best option – Splinting Disc (in Dentist In A Box from Sports Medicine Australia)
  - Second Option -Biting into towel of Handkerchief.
  - Third Option -Holding tooth in place by finger pressure.
1. 3. Attend a dentist as soon as possible.

### ***IMPORTANT RULES WHEN MANAGING DENTAL INJURIES***

- DO NOT store the tooth in dry gauze or tissue
- DO NOT touch the roots (yellow area)
- DO NOT scrape or rub the root surface
- DO NOT scrub the tooth
- DO NOT sterilise the tooth
- DO NOT let tooth dry out