

Emergency management of dental trauma on-the-pitch

Injuries to **adult** teeth requiring immediate management

The injuries that require immediate emergency management are **AVULSION** (when a tooth is knocked completely out of its socket, figures 1 & 2) or is hanging loose, held in by soft tissues only and potentially an airway risk (figure 3).



Figure 1 Socket with tooth dislodged out of position



Figure 2 Tooth knocked out



Figure 3 Teeth held in by soft tissues only

What to do as a matter of urgency within the first 5-10 minutes

- Find the tooth and keep it safe
- Clean the mouth; rinse with water if necessary
- If the tooth is dirty, rinse it with water or get the individual to lick it clean **DO NOT** scrub the root
- Holding the tooth by the crown only (figure 4), gently push it back into place
- If the tooth/teeth are held in by soft tissues only, gently push them back into position
- Get the individual to bite on a tissue, gauze or put the mouthguard back into the mouth
- Go and see a dentist immediately



Figure 4 Hold the tooth by the crown only



Put tooth in milk or Save-A-Tooth



If it is not possible to reposition the tooth, put it in milk or Save-A-Tooth and seek dental advice immediately.

Other injuries that can be managed after the game

1. Teeth displaced in other directions



Intrusion

Tooth pushed into the gum
Tooth looks short and gum is swollen



Lateral luxation

Tooth pushed backwards into mouth
Patient cannot bite normally

2. Fractured teeth



For all injuries where tooth fractures and missing portions are seen

- find the fragment(s)
- keep them safe
- book an appointment to see a dentist (they might be able to glue it back in place)

If there is a missing fragment and a cut in the lip, the fragment may be lodged in the lip. See a dentist to check whether this has happened.

3. Fractured jaws

A fractured jaw should be suspected if the player has any of the following signs and symptoms from their jaw:

Swelling

Pain

Bruising

Bleeding

Ear pain

Difficulty biting together

Difficulty opening

Always seek dental advice as soon as possible after any dental trauma

Emergency management will focus on

- o Pain relief and analgesia
- o Suturing soft tissue lacerations
- o Improving survival of teeth

Board members of Dental Trauma UK are always happy to help:

For any queries email us at

info@dentaltrauma.co.uk

Practice stamp

DentalTraumaUK
Saving injured teeth