

See also “Bone Injury” (p. 25) for *Broken Jaw*

**Bitten Tongue/Lip:** See *Wounds*, p. 75

## Broken Tooth

- Action**
1. Locate broken piece (if possible) and place in milk or cool, salty water (1 tsp. salt to 1 cup water). **Do not** transport the tooth dry.
  2. Look for any associated facial wound; clean gently with soap and water.
  3. Have student gently rinse mouth with water.
  4. Apply cool, wet compress or ice (wrapped in cloth) to the outside of the mouth, cheek, or lip where injury occurred.
  5. Call school nurse and parent. If a nurse is unavailable, share with parent the need for immediate medical attention.

## Knocked-Out Tooth

- Action**
1. Find the tooth, especially if a permanent tooth.
  2. Hold the tooth by the biting surface, not the root. Rinse the tooth gently in cool water for a few seconds.
  3. If it is a permanent tooth and it is possible, put the tooth back in its socket. Otherwise, put it in milk or cool, salty water (1 tsp. salt to 1 cup water). **Do not** transport the tooth dry.
  4. Call school nurse and parent. If a nurse is unavailable, share with parent the need for immediate medical attention — within 30 minutes.

***Dental Problems information  
is continued on the next page***

***Always follow school district policy when providing first aid or emergency care.***

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## Dental Problems *(continued)*

### Broken Braces/Orthodontic Appliance

- Action**
1. Save any pieces in a container.
  2. If pieces are swallowed, reassure student. Monitor for breathing problems.
  3. For cracked retainer, have student remove retainer from mouth and save all pieces.
  4. If wire is embedded in cheek, tongue, or gum, **do not** attempt removal.
  5. Call school nurse and parent for swallowed pieces or embedded wire. If a nurse is unavailable, share with parent the need for immediate medical attention.

### Irritated Mouth from Braces/Orthodontic Appliances

- Action**
1. Assist student with prescribed medication, dental wax.
  2. If wire sticking up/out, use piece of pencil eraser to cover the wire for temporary relief of pain.

### Loss of Baby Tooth

- Action**
1. Place tooth in secure container.
  2. If bleeding occurs, have child rinse mouth. If bleeding persists beyond 5 minutes, have child bite down for 5 minutes on a piece of gauze, staying in your presence. Have child then remove gauze and place in waste can and wash hands thoroughly with soap and water.
  3. Notify school nurse/parents if bleeding lasts longer than 30 minutes despite biting down.

### Toothache

- Action**
1. A warm salt-water ( $\frac{1}{4}$  to  $\frac{1}{2}$  tsp. to 1 glass) rinse may aid discomfort from cavities/lodged food.
  2. Ice chips may relieve the discomfort of an incoming tooth.
  3. Notify school nurse and encourage parents to seek dental care.