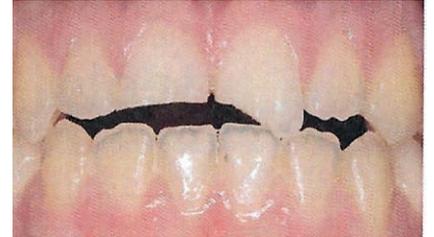


This leaflet will help you to understand a bit more about the type of dental trauma you have suffered and how you can look after your mouth following emergency treatment.

What types of injuries are there?

Broken or fractured teeth

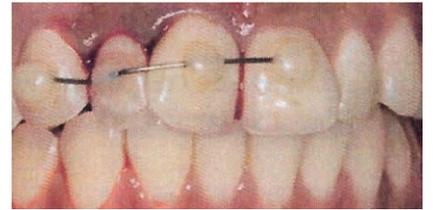
These may be sensitive or have sharp edges. If the fragment is available it may be possible to stick it back into place. If the fragment is lost, the tooth can be built up with a white filling. If there isn't enough time, the tooth may be covered over with a temporary filling and built up at another appointment when there is more time.



Loose teeth usually firm up after healing. This is usually helped by splinting the teeth (see below).

Displaced teeth

Displaced teeth (moved out their usual position) can sometimes prevent you biting your teeth together properly. They are usually repositioned under local anaesthetic allowing you to bite together again. They are usually splinted (see below) to stabilise them whilst they heal.



Knocked out teeth

Sometimes teeth are knocked completely out of the socket. To give the tooth the best chance of surviving after it has been knocked out, it should be put back in the socket immediately.

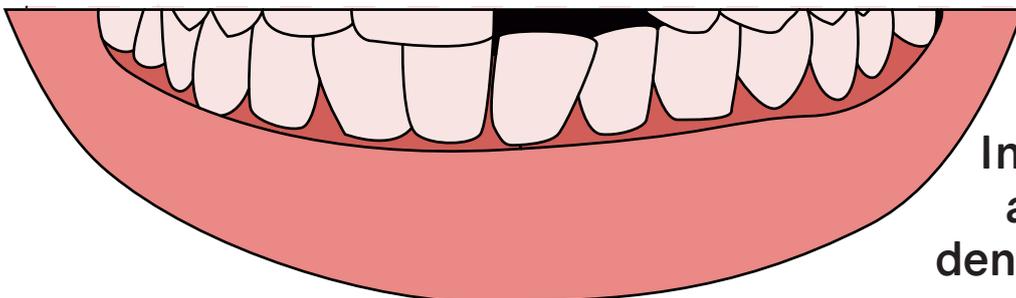
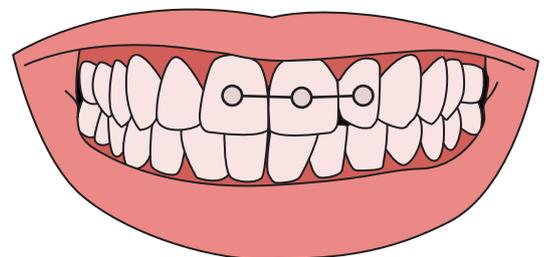
If this is not possible, putting it into milk is best, before seeing a dentist immediately. Never try and put a baby tooth back in place.



Prompt treatment is essential for all injury types.

What is a splint?

A splint is constructed from metal wire and white filling material. Splints are used to hold the teeth in their correct positions and prevent further movement whilst the gum and bone heals. Splints are usually left in for 2-4 weeks.



**Information
about your
dental trauma**

How do I care for my teeth?

- 🦷 Avoid eating or drinking hot drinks until the local anaesthetic wears off (so that you don't bite yourself).
- 🦷 Do not bite down on your traumatised teeth. You can eat whatever you like as long as you cut it up and chew on your back teeth.
- 🦷 If the accident occurred anywhere where there is soil around, go to the doctor and get a tetanus booster if yours is not up to date.
- 🦷 Take painkillers if you feel you need them.

What will happen when I come back for reviews?

At follow up appointments your tooth/teeth will be assessed for:

- 🦷 Signs of healing
- 🦷 Signs that the nerves are alive
- 🦷 Any colour changes
- 🦷 X-rays may be taken to check that the nerves have not died
- 🦷 Photographs will be taken to monitor healing

If there is anything you are unsure about or if you have any further questions or queries, please do not hesitate to ask a member of our team.

What to do if I have any queries or pain?

If you are worried and cannot wait until your next appointment, please contact us or see your own dentist who will be able to help. Otherwise, ask us at your next appointment.

020 3299 2530

www.dentaltrauma.co.uk

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Created: 06.01.2020

Review: 06.01.2025

Leaflet design: Nicola Bradley  @baddesignstudio

What should I expect in the long term?

It is important that you see a dentist to check your teeth on a regular basis. Even simple injuries need to be reviewed every year. Things that can happen include:

- 🦷 Your tooth may change colour.
- 🦷 The nerve in the middle of the tooth may die and require root canal treatment.
- 🦷 If your tooth has been knocked out and replanted (or severely displaced) it can initially heal, but with time, bone replaces the root and the tooth can be lost many years later.

