

How to Manage Traumatic Injuries to the Teeth and Oral Tissues?

Don't ignore traumatic injuries to the teeth

A growing child is active and liable to have accidents of trauma. In a traumatic accident, the teeth and oral tissues may also be traumatized. Whether these traumatized oral tissues can recover and whether the traumatized tooth can be preserved would depend very much on how proper their management and how prompt their treatment are rendered.

Understand the traumatic conditions and manage properly

Oral tissue trauma

After a crash, oral tissues such as the lips, gums, oral mucosa, tooth sockets and even the upper and lower jawbones may be injured and bleed.

- Management:
Place some clean gauze or a handkerchief over the bleeding area. Ask the injured person to bite on it for at least 15 minutes to stop the bleeding. Then he should go to see a dentist promptly.

Mild dental trauma

Mild dental trauma may not lead to tooth fracture or mobility but the nerve of the tooth may have already been damaged.

- Management:
The injured person should go to see a dentist immediately and let the dentist conduct thorough examination and subsequent follow up for the tooth.

Crown fracture of a tooth

The crown of a tooth may fracture after a crash. If the fracture involves the dentine as well as the enamel, the tooth will become sensitive. As soon as the tooth contacts with cold or hot food, the injured person will feel uncomfortable or painful.



- **Management:**
The injured person should go and see a dentist for restoration of the crown. If the fractured fragment of the crown can be found, it should be brought to the dentist as well.

Crown fracture with pulp of tooth exposed

If the pulp tissue of a tooth is exposed as a result of crown fracture after a crash, then the injured person will feel painful.



- **Management:**

The injured person should immediately go and see a dentist to receive pulp treatment and restoration of the tooth. This is necessary because the exposed pulp tissue can easily become infected and eventually necroses.

Displacement of a tooth

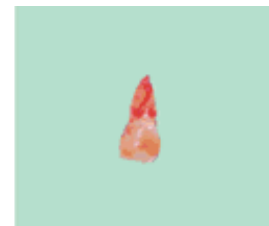
A tooth may be displaced by the force of a crash resulting in problems associated with the bite.



- **Management:**
The injured person should go to see a dentist as soon as possible to have the tooth re-positioned into the dental arch.

Tooth being knocked out

If a tooth is knocked out by a crash, one should stay calm.



- **Management:**

Follow the steps below:

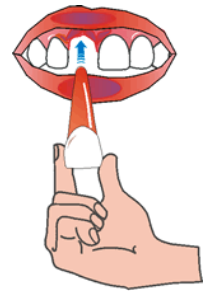
1. Pick up the knocked out tooth by its crown without touching the root



2. Gently rinse off the obvious dirt on the root with clean water. Avoid handling the root and injuring the soft tissues attached to it.



3. If there is no obvious dirt on the root surface, the first thing is to insert the tooth back into the socket, taking the shape and alignment of the neighboring teeth as reference. The sooner the tooth is replanted, the higher chance of it being preserved.



- 3b. If there is any difficulty inserting the tooth into the socket, the compromise is to immerse the tooth in milk or saliva of the injured person



4. Then immediately go and see a dentist for treatment of replanting the tooth.



Emergency treatment and follow-up review

Following traumatic injuries to the oral tissues or teeth, it is critical to render appropriate treatment as soon as possible. The injured oral tissues or tooth should be reviewed and followed-up regularly in order to assure the success of the treatment.

Emergency dental service is available in all the School Dental Clinics. Dental officers and Dental Therapists there will provide emergency care and follow-up review to the students participated in the School Dental Care Service.

If emergency service is required outside office hours, please attend the Accident & Emergency Department of the nearest hospital or the private dental clinics.



Oral Health Education Unit
Department of Health