

WHEN TO SEEK HELP AGAIN?

Fever, Pain, swelling, or color changes in the injured tooth.
Tooth feels loose again
Any pus or bad taste.

PREVENTION TIPS

Always wear a mouthguard during sports.
Use seatbelts and child car seats.
Avoid biting hard objects (pens, ice, nuts).
Keep dentist's emergency number handy.

Prepared by:

Layan Alotaibi & Wassan Alghamdi

Supervised by:

Dr. Manal AlQutub

This educational brochure is part of a collaborative initiative between the Endodontic Division at the College of Dentistry, Princess Nourah bint Abdulrahman University, and the Saudi Endodontic Society

**QUICK ACTION CAN SAVE YOUR SMILE
ACT FAST, SEE YOUR DENTIST!**



SAUDI
ENDODONTIC SOCIETY
الجمعية السعودية
لعلاج جذور و اعصاب الاسنان

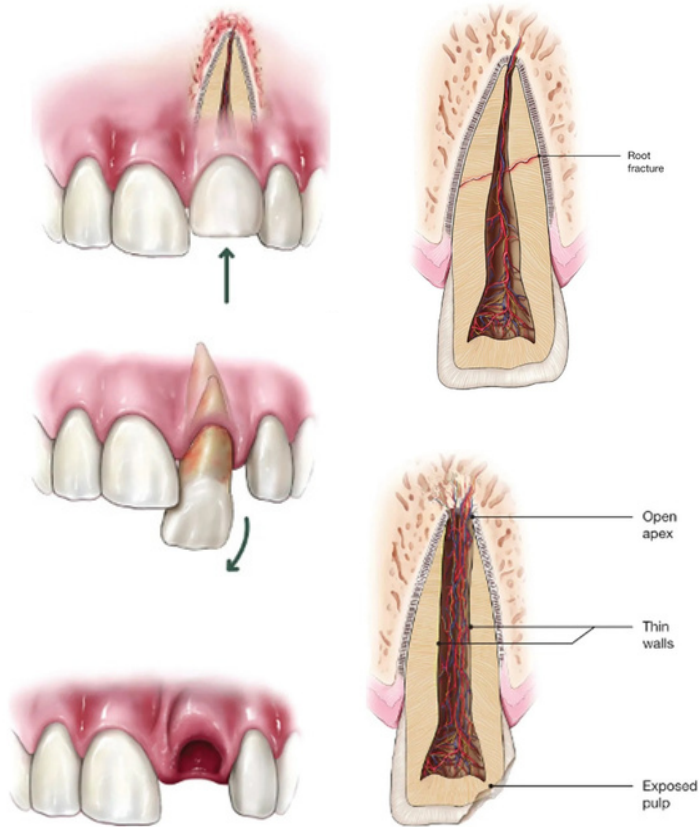
DON'T PANIC SAVE YOUR SMILE! WHAT TO DO AFTER A TOOTH INJURY



Quick steps and treatment
guide for dental accidents

WHAT IS TRAUMATIC DENTAL INJURY ?

A traumatic dental injury happens when your tooth or mouth is hurt by a fall, sports accident, or sudden blow.



IMMEDIATE STEPS — WHAT TO DO RIGHT AWAY

If a tooth is knocked out (avulsion):

Stay calm and find the tooth.
Hold it by the crown (white part), not the root.
If dirty, rinse gently with milk or saline don't scrub.
Put it back in it's place if you can, and bite on a clean cloth.
if not possible, store it in milk or saline.
Seek dental care immediately, no later than 30 minutes!

If the tooth is loose or moved:

Don't push or pull it.
Eat soft food and avoid biting with it.
See your dentist urgently.

If the tooth is broken or chipped:

Save any broken pieces.
Rinse your mouth with water.
Apply cold compress for swelling.
Visit your dentist the same day.

If there is bleeding:

Gently bite on clean gauze or a wet tissue for 10 minutes.
Use cold compresses on lips or cheeks.

WHAT THE DENTIST WILL DO?

Examine your soft tissue and check for any Soft lacerations or bruising, if necessary your dentist might suture it. Examine your tooth and X-ray it. Reposition or stabilize the tooth using a small splint or wire. Repair broken parts with fillings or bonding. Check the nerve and pulp, possibly doing root canal treatment if needed. Follow-up visits are very important to check healing.

HOME CARE AFTER TREATMENT

Keep your mouth clean — use a soft toothbrush.
Avoid biting hard foods for a few weeks.
Take prescribed medications (pain relief, antibiotics if given).
Attend all follow-up appointments.
Wear a mouthguard for sports to prevent future injuries.