

# PROTECT YOUR PLAYER'S TEETH

*A guide for coaches and parents.*

## **First thing's first!**

*Call a dentist or oral surgeon.  
Treatment will need to take place  
ASAP. This is likely to be faster than  
a visit to the emergency room.*

### **WHAT TO DO & WHEN**

**Immediate** (less than 5 minutes): If ADULT tooth is knocked out. Clean and replant tooth IMMEDIATELY in original position in order to have a chance of saving it long term.

**\*for step by step instructions** →

Baby teeth are NOT REPLANTED to prevent damage to underlying permanent tooth. If baby tooth, go to a dentist.

If not sure type of tooth, ask parent if child has lost that tooth.

**Urgent** (within 6 hours): If tooth has moved but is still in the mouth, tooth needs to be moved back by a dentist.

**Less urgent** (within 12 hours): If ADULT tooth or BABY tooth is broken or chipped, not moved from original position, see a dentist for an exam or repair.

In all cases, follow up with a dentist is recommended.

Time is of the essence.

Note time of incident & record it  
Knowing what to do and when  
can radically affect the outcome!



Do not panic because of bleeding, place pressure over the area. Lips and tongues do have a tendency to bleed and cause panic.

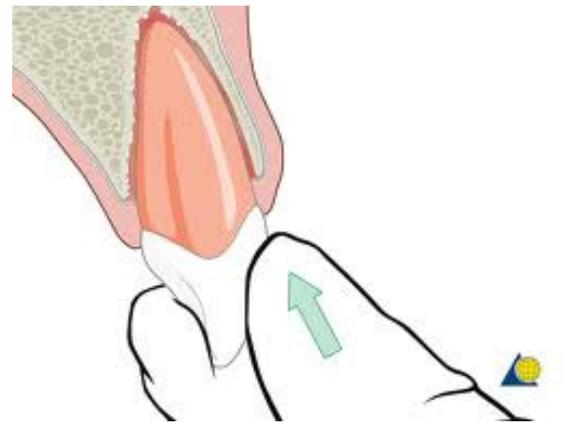
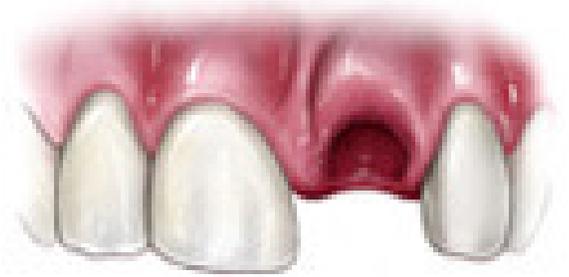
**If you need help now, call Huntington  
Bay Dental 631.425.0300**



[www.huntingtonbaydental.com](http://www.huntingtonbaydental.com)

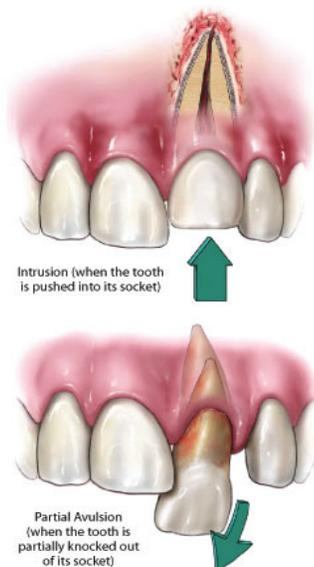
## INSTRUCTIONS IF ADULT TOOTH IS KNOCKED OUT

- 1) Locate tooth.
- 2) Do NOT scrub or scrape tooth. Rinse tooth in cold water immediately. The tooth needs to be placed in socket immediately.
- 3) Grasp crown of tooth (not root) and replace tooth in original position (smooth part of tooth facing forward).
- 4) Compress tooth into socket by putting opposing pressure on head or chin. Keep pressure on tooth. Check for proper position by having patient bite down.
- 5) A retainer or tight fitting mouth guard can be used to keep tooth in place.



<https://www.aofoundation.org/>

**If you need help now, call  
631.425.0300. If we are not in the  
office, please call the emergency  
contact #.**



When the tooth is still in mouth or it has been displaced, please call a dentist's office immediately to have tooth evaluated.

**IMPORTANT:** If you are not able to do replant tooth immediately, control bleeding with pressure.

Place tooth in cup with patient's own saliva or in cold milk to keep it from drying.

Transport patient and tooth to a dentist ASAP.

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