

■ What To Do If a Tooth Gets Knocked Out

This is a dental emergency. Act quickly (within 30 minutes if possible).

1. Find the Tooth

- Pick it up by the **crown** (the white part you see in the mouth).
- **Do not touch the root** (the yellowish part).

2. Rinse (if dirty)

- Gently rinse the tooth with **milk or saline**.
- If neither is available, use **clean water**.
- Do **not scrub, dry, or wrap** the tooth.

3. Try to Reimplant

- If possible, put the tooth back into its socket immediately.
- Have the person **bite down gently on gauze or a clean cloth** to hold it in place.

4. If Reimplantation Isn't Possible

- Keep the tooth **moist at all times**. Best options:
 - Place in a cup of **milk** ■
 - Use **saline** or a special tooth preservation solution (like Save-a-Tooth).
 - As a last resort, place it **inside the cheek** (only if the person is conscious and alert).

5. Get to a Dentist or Emergency Room Immediately

- Time is critical — the sooner the tooth is reimplanted, the better the chance it can be saved.

■■ Do NOT:

- Do not scrub or scrape the tooth.
- Do not store in tissue, plastic bag, or tap water.
- Do not delay seeking professional help.

■ Tip for Coaches & Parents:

Keep a small container of **Save-a-Tooth solution or a carton of milk** in the sports first aid kit.