

Accidents Happen - Don't Panic!

Accidents can happen, especially if you're playing sports. Prevention is better than cure and wearing a custom-made mouthguard will considerably reduce the risk of injury to teeth & jaws. However, if your teeth do get chipped or damaged, then we will often be able to repair them. If a tooth gets knocked out completely, there is a chance that it can be saved provided you follow these simple steps:

Step 1 Hold the tooth by the part usually visible in the mouth, not by the root. And quickly clean by rinsing in milk, water or by licking the dirt off. Don't scrub the tooth or place it in any disinfectant.

Step 2 Gently push it back into place, making sure it's the right way around.
Never do this with a baby tooth

Step 3 Hold the tooth gently in place by biting down on a clean handkerchief

Step 4 Call us straight away on **01423 563344**

An out of hours service is available for our registered patients on 07790780512 or you can call **NHS Direct on 111** for further help and advice.

Success depends on how quickly the tooth can be placed back in its socket. The chances diminish rapidly if the tooth is not replaced within 45minutes. Please remember that if you lose consciousness following injury then you must see your doctor for further advice & assessment as soon as possible.