First aid for injuries to the teeth or mouth

Knocked Out



Adult Teeth: Find the tooth, handle only by crown, rinse the tooth and gently put back into socket.
See a dentist within the work day.

Baby Teeth: This tooth can't be saved, do not replant.
See a dentist within a week.

Pushed Out of Position/ Dislocated



Adult Teeth: bite gently on a clean cloth.
See a dentist within the work day.

Baby Teeth: do not reposition.
See a dentist within the work day.

Broken



All Teeth: Save any broken pieces, rinse mouth with warm water.
See a dentist within a week.

If a pink spot shows (exposed nerves), see a dentist sooner.

Injured Skin, Lips & Gums



All ages: Clean gently with water and apply a cold compress to reduce swelling.

Bee Healthy cannot treat accident-related injuries. Please see a private dentist to register with ACC (even if treatment isn't needed) to protect your coverage into adulthood. Fees may vary, so ring around. Check our ACC info sheet for details. For more info, download the ToothSOS mobile app

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