

Accidental loss of a tooth

It is more common than we think, especially after accidents, falls, or blows to the head while playing sports.



What should you do?

1. Act **calmly and quickly**.
2. Whether the tooth falls out completely or only a piece breaks off, **pick it up and take it to a dentist as soon as possible (ideally within the first hour)**.
3. Always **hold the tooth by the crown** (the white, hard part) and never by the root (the fleshy part).
4. **Rinse the tooth with running water** or a saline solution, but **never with soap**.
5. There are several ways to transport the tooth to the dentist:
 - First, try **placing it in the mouth in the space it previously occupied**, holding it in place with a napkin or gauze.
 - Second, place it in a container filled with milk (skim if possible) or saline solution.



- If neither of these options is feasible, transport the tooth loose in your mouth, keeping it under your tongue so that you don't swallow it.

6. If the fallen-out tooth is a baby tooth, it does not need to be taken to the dentist. However, if it is a permanent tooth, or if you are unsure, it should be taken.

7. In cases of dental trauma where the tooth does not fall out, but is displaced or sinks into the gum (intrusion), it is recommended that you consult a dentist within the first 24 hours.

Can it be prevented?

Wearing a mouthguard when playing **contact sports** can prevent teeth from falling out.

People who have accidentally lost a tooth and had it reimplanted are strongly encouraged to wear mouthguards.