**First Aid for a Lost Adult Tooth** *(permanent tooth avulsion)*

**STEP 1: Retrieve.** Without touching the root, retrieve the tooth by its crown (the white part); this helps ensure that the fragile features of the tooth required for successful replantation are not additionally harmed.

**STEP 2: Rinse.** Continuing to hold the tooth by its crown, gently rinse the tooth in a bowl of cool water for about 10 seconds.

**STEP 3: Replant.** Ask the injured person to swish his/her mouth with water, and then attempt to replant the tooth in its socket. Replantation is time-sensitive and most successful if done within the first hour.

- If you are able to replant the tooth, have the injured person bite down on a moistened piece of gauze or cloth to hold it in place.
- If you are unable to replant the tooth, keep the tooth moistened by submerging it in either cold milk or saliva.

**STEP 4: See a Dentist.** Seek immediate emergency medical/dental attention.

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