

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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