

Your Quick Guide Printable for a Knocked-Out Tooth

You've just lost a tooth! Now what?

Having a tooth knocked out is a serious traumatic dental injury that requires swift action. If you act quickly and carefully, there is a good chance your dentist will be able to save your tooth.

Take a deep breath and follow these 5 steps.

Step 1



Find the tooth and handle it delicately.

If the tooth has been knocked clear out of your mouth or you reflexively spit it out, you need to locate it ASAP. Once you've found it, be very careful when picking it up. Only touch the crown of the tooth (the white part) and do your best to not touch the root.

Rinse off the tooth if it's dirty.

You don't want to place a dirty tooth back in your mouth. If the tooth has debris on it from being spat out, use cold milk or cold water to rinse it off. While doing this, be careful that you don't touch the root. After rinsing, move on to step 3.

Do not attempt to dry off the tooth.

Step 2



Step 3



Try to replace the tooth or place it in a clean container.

By acting quickly from the time the tooth was knocked out, it may be possible to replace the tooth back into its socket. Attempt this only with a clean tooth or if the tooth never left your mouth. Hold the tooth by the crown, facing the right way, and see if it will slip back into place.

If it slips back into place, great! If you feel any sort of resistance, stop. Forcing this will only do further damage. Instead, you should place the tooth in a clean cup or similar container and fill it with cold milk. If this isn't available, place the tooth in your mouth between your cheek and gum. Keep the tooth moist at all times!

Rinse off the tooth if it's dirty.

After locating and treating the tooth, check your bathroom or a first aid kit for gauze. Roll this up and place it over the empty socket and gently bite down. You only need to bite down with just enough pressure to control the bleeding and keep the gauze in place.

If you were able to successfully replace the tooth in the socket, you can instead bite gently on a thin piece of gauze to keep the tooth in place.

Step 4



Step 5



Call your dentist right away or seek out emergency help.

Your tooth is safe, your bleeding is under control, and you're feeling a little calmer. Next is to call your dentist right away. There is no time to waste so be quick or have a family member call while you're tending to your dental injury.

If you are located in East Norriton, PA, Benz Dental Implant & Prosthodontic Center can help you with your traumatic dental injury. Please call our office to get in touch with our emergency line.

If you are unable to get help from a dentist, please see your local emergency center for assistance.

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