**Tooth Knocked Out - What to do?**

Many teeth are knocked out every year, and the most common causes in the permanent dentition are sports injuries and fighting. These knocked out teeth can often be re-implanted, and if done so under favorable conditions, they may last for a lifetime.

**Once a tooth is knocked out:**

1. Find the tooth, pick it up by the enamel portion, NOT the root, and gently rinse it under water or milk (if it is dirty). Do not scrub the root surface at all.
2. Re-implant the tooth in the socket within 5 minutes.
3. If the tooth cannot be re-implanted immediately, store it in a cup of milk, NOT water, packed in ice. Call our office immediately to come in for an appointment.
4. If the person shows any sign of head injury, for example nausea, persistent headaches, or a change in consciousness, they should be evaluated by a physician first to rule out a head injury. Once a head injury is ruled out, then they should proceed to the dentist immediately.
5. Dr.Caroline or Dr. Della will evaluate the situation for possible splinting or treatment as required.

Reference:

[www.sportsdentistry.com](http://www.sportsdentistry.com)