

Care of your mouth after treatment for dental trauma



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The treatment will vary depending on the type of injury you have sustained.

If a tooth has been knocked out and put back in, a splint will have been applied to hold the tooth in position.

A splint may have been applied for other reasons as well, such as a tooth that is loose, has been repositioned or a root fracture.

The splint will need to be in place for 2 to 4 weeks but can be longer depending on the injuries (up to 4 months with a root fracture).

Sometimes a removable splint is used which looks like a sports mouth guard.

Care of your teeth after trauma including if a splint is placed.

- Brush your teeth gently using a soft toothbrush twice a day (morning and evening) and after eating, especially around the splint if one has been applied.
- Use a chlorhexidine mouthwash (0.2% w/v) for 1 to 2 weeks.
- Eat a soft diet, such as pasta, soups, yoghurt, bananas, etc.
- Avoid hard foods and do not bite directly onto the injured teeth.
- Use over the counter pain killers such as paracetamol. DO NOT exceed recommended doses.
- Avoid all contact sports.

Future appointments will depend on the type of injury and may be with your own dentist.

If the splint becomes loose, you will need to return to your own dentist or contact the dental school.

You will need to have the splint removed when necessary. Leaving a splint in place for too long can damage the teeth.

Pain, bruising and swelling in the area is normal and may last for 5 to 7 days. It is usually at its most obvious at 2-3 days.

Complications

- Sensitivity
- Pain
- Damage to the nerve of the tooth
- Swelling
- Infection
- Tooth becomes loose
- Darkening of the tooth/change in colour
- Loss of the tooth
- Root resorption (the root starts to disappear)
- Ankylosis (the root of the tooth can be replaced by bone)

The nerve of the tooth may die or be damaged, or the blood supply of the tooth can be damaged leading to an infection. This may present as a bubble or lump on the gum or a swelling of the face or above the tooth. This may require a root canal treatment, where the nerve is removed and the space cleaned and filled (which may take several visits).

Prevention

- Wear a mouthguard when playing contact sports.
- Custom fit offer the best comfort, fit and protection.
- Boil in the bag mouthguards are not recommended as they do not offer enough protections.

For further advice see:

<https://dentaltrauma.co.uk/Public/Mouthguards.aspx>

Important

- If you have had an injection, be careful not to bite your lip, cheek or tongue.
- Do not have any hot drinks while you are numb.
- There may be some blood in your saliva. If uncontrolled bleeding occurs, please contact your own dentist, attend A&E or contact the dental school.

In cases of severe swelling please call 111/ visit A&E. To access all patient leaflets and information please go to the following address: www.bristol.ac.uk/dental/treatment/

Help us prevent the spread of infection. Please make sure your hands are clean. Wash and dry them thoroughly/use the gel provided. If you have been unwell in the last 48 hours please consider whether your visit is essential.

Smoking is the primary cause of preventable illness and premature death.

For support in stopping smoking contact NHS Smokefree on

0300 123 1044.

Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence.

Drinkline on

0300 123 1110.

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Please ask at reception
if you require this
information in a different
language or format.

bristol.ac.uk/dental

