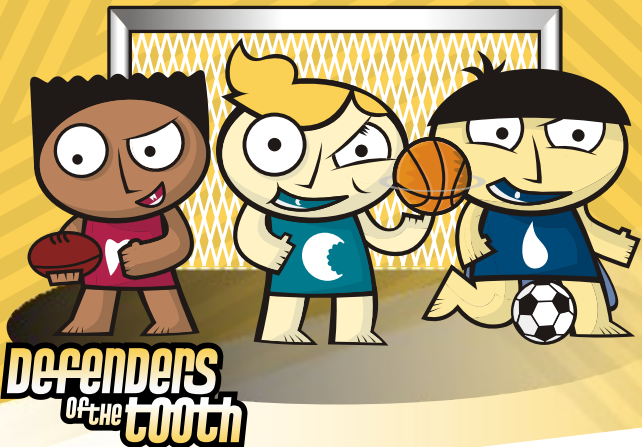


# PLAY WELL

## TIP CARD FOR PARENTS

- ★ *Children should be encouraged to play safely at all times. If a tooth is damaged or knocked out, see a dental professional immediately.*
- ★ *The use of mouthguards protects against damage to teeth, gums and the jaw.*
- ★ *Mouthguards should be worn when training for and playing contact sports such as football, basketball and hockey.*
- ★ *Some sports and recreational activities require a full-faced helmet or face guard.*



# PLAY WELL

TIP CARD FOR PARENTS

## What to do if a tooth is knocked out

- ★ If a **primary (baby) tooth** has been knocked out, **do not try to put it back**. Visit your dental professional to make sure there are no other problems.
- ★ If a **permanent (adult) tooth** is knocked out and the person is conscious, immediately replace the tooth in its socket the correct way around - it has a good chance of survival.
- ★ If the tooth cannot be replaced, store the tooth in milk or wrap it in plastic to keep it moist, and seek professional dental advice immediately.
- ★ For dental emergencies contact:

School Dental Service  
**1300 360 054**  
(8:15am to 4.30pm)

Royal Dental Hospital of Melbourne  
**(03) 9341 1000**  
(after hours)

