

Silicon Valley Endodontics & Microsurgery

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Dental Trauma First Aid — The First 30 Minutes

Keep this with the sports bags and the first-aid kit. A knocked-out adult tooth can often be saved — but only if you act within about 30 minutes. Full guide: svendodontics.com/dental-trauma-first-aid.

KNOCKED-OUT ADULT TOOTH — BEST RESULTS WITHIN 30 MINUTES

1. Pick the tooth up by the crown (chewing part) only — never touch the root.
2. If dirty, rinse gently for up to 10 seconds in cold milk or saline. Do NOT scrub it.
3. Best option: push the tooth back into its socket and bite on a clean cloth to hold it.
4. Can't reimplant? Store it in cold milk (or the person's own saliva, or a Save-A-Tooth kit). NEVER tap water — it kills the root cells within minutes.
5. Call us immediately at (669) 234-2354 — this is a true same-day emergency. (Baby teeth are never reimplanted.)

Tooth pushed out of position (loose, tilted, or extruded)

If it's sticking out further than its neighbors, gently press it back with steady pressure — stop if it resists. Don't wiggle or twist it. Bite on clean gauze to stabilize it. Seen within 6 hours, same-day splinting dramatically improves the outcome.

Chipped or broken tooth

Find the fragment — it can often be bonded back on — and keep it wet in milk or saline. A pink or red spot in the break means the pulp is exposed: call same-day. No pulp exposure: within 24 hours. Cover sharp edges with sugarless gum or wax.

Loose tooth after an impact (possible root fracture)

Don't bite on it; eat soft foods and use a cold compress. The fracture is often invisible from outside — it needs an exam and 3D imaging within 24–48 hours even if the pain settles. Many root fractures can be saved with splinting.

Bleeding lip, gum, or tongue

Press firmly with clean gauze for 10 full minutes without peeking — checking disrupts the clot. No aspirin (it thins blood). If bleeding hasn't stopped after 15 minutes, or the cut is deep or gaping, go to an emergency room.

HOW TO STORE A TOOTH (BEST TO ACCEPTABLE)

Save-A-Tooth kit (Hank's solution) · Cold milk (whole or low-fat) · The patient's own saliva (cheek pouch or clean cup) · Sterile saline. NEVER: tap or bottled water, contact-lens solution, or letting the tooth dry out.

Tooth injury? Call us first — 7 days a week.

(669) 234-2354 — same-day emergency slots, open Saturday and Sunday. Most ERs cannot reimplant or splint teeth.

Go to the ER first only for: head injury or loss of consciousness, uncontrolled bleeding, or trouble breathing or swallowing.

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Protocols align with the International Association of Dental Traumatology (IADT) guidelines and patient guidance from the American Association of Endodontists (AAE) on traumatic dental injuries; consistent with European Society of Endodontology (ESE) teaching. Full sources: svendodontics.com/dental-trauma-first-aid. General first-aid guidance only — it does not replace an in-person examination.