

HEAD, NECK AND FACE INJURIES
FIRST AID
 American Association of Oral and Maxillofacial Surgeons

FACIAL BLEEDING
 > Cover wound with cloth. Apply pressure.
 > Do not remove soaked cloth.
 > Use additional cloth and continue pressure.

BROKEN TEETH
 > Clean injured area; apply ice.
 > Save tip of tooth. Bring to an oral and maxillofacial surgeon for reattachment.

KNOCKED-OUT TEETH
 > Seek immediate help from an oral and maxillofacial surgeon. Most teeth can be reimplanted if cared for properly.
 > Find tooth and hold by crown only.
 > Rinse tooth; do not rub. Avoid contact with root.
 > Replace tooth in socket. Cover with gauze and bite down to stabilize or store tooth temporarily in cold milk, salt water or between cheek and gum.
 > Do not allow tooth to dry out.

NASAL FRACTURE
 > Gently pack nose with gauze.
 > Apply ice. Do not blow nose.

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 ALWAYS request an oral and maxillofacial surgeon (OMS). To find an OMS, call your local hospital or contact AAOMS at: 800/822-6637 or aaoms.org

HEAD AND NECK INJURY
 > Do not move victim without professional assistance.
 > Immobilize head by placing rolled towels on either side.
 > Keep victim warm to reduce risk of shock.
 > If unconscious, clear out mouth. Hold tongue forward to maintain open airway.

JAW FRACTURE
 > Consult an oral and maxillofacial surgeon immediately.
 > Gently align jaws. Do not use force.
 > Immobilize jaw by wrapping a bandage under the chin and tying it securely over head.
 > Apply ice to control swelling and bleeding.
 > U-shaped lower jaw often suffers multiple breaks.
 > Upper jaw fracture may cause visible distortion of face.

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AAOMS wants to give you a leg up on head, neck and face injuries.

Prevention is the best policy, but accidents do happen. Knowing what to do in the moments immediately after an injury to the head, neck or face can make all the difference in the healing process. The American Association of Oral and Maxillofacial Surgeons offers this handy, tip-filled, wallet-sized first aid card to help you take the right steps at an unfortunate time.

Oral and maxillofacial surgeons are an important link in the referral network for primary care providers. To find an oral and maxillofacial surgeon in your community, visit the “Find a Surgeon” database at aaoms.org, or call the American Association of Oral and Maxillofacial Surgeons at 800/822-6637.

AAOMS.ORG