



First Aid for a Knocked Out Tooth

1. **Attempt to re-implant in tooth socket: Do not touch the root.** Only handle the tooth by the crown (white part of tooth). Gently rinse with milk or cool water for 10 seconds or less, to remove dirt. Do not rub to remove dirt. Attempt to replace tooth into tooth socket.
2. **If unable to re-implant:** Do not let the tooth dry out! Use one of the following transport media (in order of preference).
 - ☐ **Milk: Shown to maintain vitality of periodontal ligament cells for 3 hours, milk is relatively bacteria-free with pH and osmolality compatible with vital cells. Regular pasteurized whole milk is recommended.**
 - ☐ Saline: Saline is isotonic and sterile.
 - ☐ Saliva: Saliva keeps the tooth moist; it is not ideal because of incompatible osmolality, pH, and presence of bacteria.
 - ☐ Water: This is the least desirable transport medium because it results in hypotonic rapid cell lysis.
3. **Bring child and tooth immediately to a dentist:** Best results if the tooth is not out of the socket for more than 20 minutes. Call first to ensure the child could be seen as soon as possible. If the child's regular dentist is not available, other options include:

Dental Clinic	Telephone #	Address	Zip code	Hours
Native American Health Center, Dental Clinic	415-621-8056 x2	160 Capp St. (2nd Floor)	94110	M–F (9-5)
SFGH Oral Surgery	628-206-8104	101 Potrero Ave. (1st Floor, 1N)	94107	MWF (8-3:30)
UCSF School of Dentistry, Dental Emergency Services	415-502-5800	707 Parnassus Ave. (1 st Floor)	94143	M-F (8-12 & 1-5) Drop-in
UOP Dental Emergency Services	415-929-6501 x4	155 5th St.	94103	M- F (8:30 am & 1) Drop-in