

Dental Trauma in Rugby Union

The risk of dental trauma in rugby union is very low* when appropriate preventative measures are taken (such as wearing a mouthguard). However, it is important to be aware of these preventative measures and what to do if a dental injury occurs. The following guidance provides players, first aiders, coaches etc. with important information on how to prevent injuries and what to do if a dental injury occurs.



It is highly recommended that anyone participating in a contact sport such as rugby union wears a properly fitted and custom mouth guard as this can minimise the risk of injury (more information on mouthguards can be found in the *Protective Equipment Essential Guide* on the [RugbySafe Essential Guides and Resources page](#)).

It is especially important that children wear mouth guards to prevent injury which may result in long-term dental treatment. In general (outside rugby activity), dental trauma is most common in 7 – 14 year olds, especially to the front teeth in boys. This can have a dramatic impact on tooth development, requiring extensive complex treatment. It is important to keep the mouth guard up to date and fitting well as the child grows, especially if the child wears dental braces.

What to do if a tooth is knocked out?

Don't panic!

- 🌀 Step 1: **PICK** the tooth up by the crown only (do not touch the root)
- 🌀 Step 2: if possible get player to **LICK** their own tooth clean if it is dirty, or rinse it in water
- 🌀 Step 3: **STICK** the tooth back in position (adult teeth only)
- 🌀 ***** Never try to re-insert a baby tooth *****
- 🌀 Step 4: Get the player to bite on a clean handkerchief or bandage to hold it in place
- 🌀 Step 5: Go straight to a dentist (or A&E if out of hours)



If it's not possible to put the tooth back in position, put the tooth in milk and go straight to a dentist (or A&E if out of hours).

Broken or chipped a tooth?

- 🌀 Tooth fragments can sometimes be glued back into position.
- 🌀 Find the fragment and take it to the dentist who might try to re-position it or will re-build the tooth with a tooth-coloured filling.

RUGBYSAFE ESSENTIAL GUIDE



DTUK/Advice sheet1/2014

DentalTraumaUK
Saving injured teeth

Save a knocked out tooth

PICK IT LICK IT STICK IT

In the unfortunate event of a tooth being knocked out of the mouth:

1. Keep calm
2. Find the tooth & **PICK IT** up by the crown
3. Clean the mouth by rinsing with water
4. Mop up any blood with a tissue
5. Hold the tooth by the crown only

If it is visibly dirty get the person to **LICK IT** clean OR pour water over it DO NOT scrub the tooth

6. Gently **STICK IT** back into position
7. Bite down on a hanky or a tissue

Hold the tooth by the crown only

Go to a dentist as an emergency

If you are unable to reposition the tooth put the tooth in MILK and go to a dentist immediately

**** NEVER replant a baby tooth ****

www.dentaltrauma.co.uk
Charity number 1155781

This document has been produced in collaboration with [Dental Trauma UK](http://DentalTraumaUK) a charity set up to promote the best way to save injured, damaged or knocked out teeth as a result of trauma.

Additional information and number of useful free resources are available from the [Dental Trauma UK](http://DentalTraumaUK) website, such as this flashcard which can be downloaded, printed and used in first aid kits and notice boards etc.



Further Information



The NHS provides comprehensive health information and guidance. Call **111** for non-emergency medical advice or visit the NHS website.



**Taken from the RFU Community Rugby Injury Surveillance and Prevent Project (CRISP) data collected between 2009 - 2016. For information please visit the Research section on the [RugbySafe page](#).*

Any advice provided by the RFU in relation to specific injuries, illnesses or disabilities is only general advice and it should not be used as a substitute for the individual advice patients receive when they consult their own doctor. Individuals are advised to consult their own General Practitioner or Hospital Consultant for specific advice on their condition and/or fitness to train for or play rugby.