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 broken piece of tooth. Bring to an oral and facial surgeon for reattachment.

Knocked-out Teeth
- Seek immediate help from an oral and facial 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.

Prevention is the best policy, but accidents do happen.
Knowing what to do 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 convenient, wallet-sized first aid card to help you take the right steps at an unfortunate time.

To find an oral and maxillofacial surgeon in your community, visit the “Find a Surgeon” database at MyOMS.org.