First Aid 101 for Head, Neck and Face Injuries

Prevention is the best policy, but accidents do happen

**Facial Bleeding**
- Cover wound with cloth.
- Apply pressure.
- Do not remove soaked cloth.
- Used additional cloth and continue pressure.

**Broken Teeth**
- Clean injured area.
- Apply ice.
- Save broken tooth. Bring to a general dentist for reattachment.

**Knocked-out Teeth**
- Find tooth and hold by crown only.
- Rinse tooth with salt water or milk. Do not rub.
- Avoid contact with root.
- 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.

**Head and Neck Injuries**
- Call 911 immediately.
- Do not move victim without professional assistance.
- Immobilize head by placing rolled towels on both sides.
- Keep victim warm to reduce risk of shock.
- If unconscious, clear out mouth. Hold tongue forward to maintain open airway.

**Jaw Fracture**
- Gently align jaws. Do not use force.
- Immobilize jaw by wrapping a bandage under the chin and tying it securely over the head.
- Apply ice to control swelling and bleeding.
- Seek emergency care.
- Consult an oral and maxillofacial surgeon immediately.

If a facial or mouth injury requires a trip to the ER, always request an OMS consultation.

Visit MyOMS.org to find an oral and maxillofacial surgeon near you.


This information is not intended as a substitute for professional medical advice, diagnosis or treatment.