

First Aid 101 for Head, Neck and Face Injuries

First Aid



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.

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Head and Neck Injuries

- 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.

- Consult an oral and facial 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.

Always request an oral and facial surgeon.
To find an OMS, call your local hospital or visit MyOMS.org



Oral and maxillofacial surgeons:
The experts in face, mouth and
jaw surgery™

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**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**.