



## **Patient Information after a Dental Trauma**

You or your child have suffered a dental injury – we are here to help you!  
This leaflet provides the most important information for your recovery.

Klinik für Mund-, Zahn- und  
Kieferkrankheiten

Poliklinik für  
Zahnerhaltungskunde

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Zahnunfallzentrum

### **When to Seek Immediate Medical Help**

- Severe headache, nausea, or vomiting after the accident
- If in doubt, visit your family doctor or pediatrician

### **Vaccination & Insurance**

- Check your tetanus vaccination status; ask your family doctor about a booster if needed
- Report the accident promptly to your health insurance or the accident insurance association (Berufsgenossenschaft)

### **First Aid at Home**

- On the first day: do not rinse your mouth strongly – just let blood-stained saliva run out gently
- In the first 2–3 days, slight bleeding, pain, swelling, or bruising are normal
- Apply cool, moist compresses to reduce pain and swelling

### **Medications**

- Take pain relievers or antibiotics exactly as prescribed
- Antibiotics must usually be taken fully and for several days, unless intolerance occurs

### **Nutrition & Lifestyle**

- Avoid sticky foods after the accident
- Ensure a balanced, vitamin-rich diet
- For the first 2 days: no alcohol, nicotine, or caffeinated drinks

 Oral Hygiene

- Brush your teeth at least twice daily with a new, soft toothbrush
- Clean the injured teeth carefully, always brushing from the gums toward the tooth
- Support oral hygiene with a chlorhexidine mouth rinse
- Do not touch the wound with your hands for the first 3 days
- Toddlers may use a pacifier if needed

 Activity & Sports

- Avoid strenuous activities and sports for 7 days
- Especially: no swimming

 Follow-up Appointments

- Essential for proper healing of injured teeth
- Please attend all scheduled check-ups

✦ We wish you or your child a smooth recovery! For further questions, please contact us anytime.

Your team at the Dental Trauma Center, Heidelberg University Hospital