

# First Aid 101 for Head, Neck and Face Injuries



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.



## Facial Bleeding

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



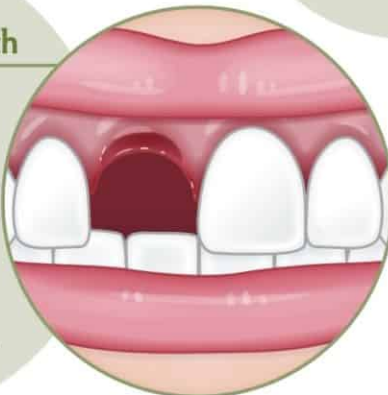
## Broken Teeth

- 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.**



Seek **immediate** help from an oral and maxillofacial surgeon or a dental professional. Most teeth can be reimplanted if cared for properly.



## Nasal Fracture

- Gently pack nose with gauze.
- Apply ice.
- Do not blow nose.

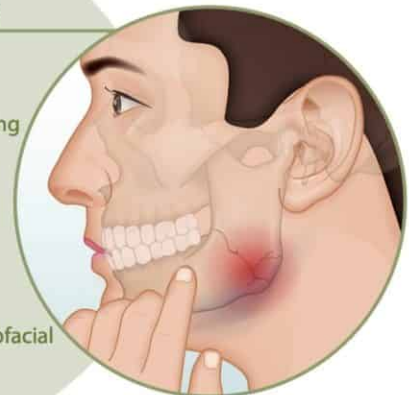


## Head and Neck Injuries

- 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.



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

Visit [MyOMS.org](http://MyOMS.org)

to find an oral and maxillofacial surgeon near you.

Source: American Association of Oral and Maxillofacial Surgeons, [www.MyOMS.org](http://www.MyOMS.org)

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