

SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF

AVULSED (KNOCKED-OUT) TOOTH

Authorized non-health staff may manage lacerations as follows:

1. Locate the tooth.
2. Tell the student to pick it up carefully by the top (the crown), not by the delicate roots.
3. Tell the student to gently rinse off the tooth and place it in his cheek, or if it is front tooth, place it in the socket. If the student is worried about swallowing the tooth, you can advise the student to put the tooth in a glass of milk. The last choices of media are water or in a damp towel.

WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

- Contact the on-call health and wellness staff as soon as possible. If the student and tooth can get to a dentist within 30 minutes, there is reportedly a 90 percent chance that the tooth can be reimplanted.

SYMPTOMATIC MANAGEMENT GUIDELINE FOR NON-HEALTH STAFF

ORAL BLEEDING

Authorized non-health staff may manage oral bleeding as follows:

1. Check to see if there is a clot protruding prominently from the socket of a recently extracted tooth, from a wound or trauma, or from a gum problem. If so, instruct the student to rinse mouth or spit to remove clot. It may be necessary for the student to remove or wipe out the protruding clot with gauze.
2. Instruct the student to make a pad with sterile gauze sponges small enough to fit over the bleeding area but large enough to guarantee pressure on biting.
3. Instruct the student to place the pad in the mouth over the bleeding area.
4. Instruct the student to bite, bringing his/her teeth together, and maintain pressure for at least 30 minutes.
5. Instruct the student to remove the gauze pack, then recheck the area for bleeding with a flashlight after approximately 15 minutes. If bleeding seems to have stopped, dismiss the student after placing a clean gauze pad in the mouth. Give the student instructions to maintain the pressure for an additional 30 minutes.
6. Supply the student with extra gauze. Instruct the student to repeat the entire process, biting on the gauze pad firmly for 20-30 minute interval if bleeding recurs.
7. Advise the student to refrain from strenuous work or exercise for 24 hours to avoid recurrence of bleeding.

WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

- If this symptomatic management guideline is followed and bleeding continues
- If trauma to jaw or teeth occurred prior to the episode of bleeding

SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF

ORAL PAIN

Authorized non-health staff may make available for students with oral pain the following selection:

| Analgesic Recommendation |
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| For the first 24 hours*, a single dose of ibuprofen 600 mg at fixed intervals every 6 hours as needed for pain. |
| <i>Then if the student still has pain and has not been seen by Health and Wellness staff</i> |
| Single dose of ibuprofen 400 mg as needed for pain at fixed intervals every 4 hours |

*For adults, the maximum dosage of ibuprofen is 800 milligrams per dose or 3,200 milligrams per day.

Advise students that they should be taken with food or a beverage.

Reference: American Dental Association Dental Drug Handbook: A Quick Reference (2019)

WHEN TO REFER

- Refer all students with oral pain to the Health and Wellness Center to be seen next available open hours.
- If the pain worsens and is not managed with the analgesic regimen, contact the Health and Wellness Manager before next available open hours.