

# Splints for traumatised adult teeth in children

## Information for patients, parents and carers

This leaflet explains more about splints that are used to repair damaged teeth following dental trauma. If you have any questions, please speak to a member of staff looking after your child.

### **Confirming your child's identity**

Before your child has a treatment or procedure, our staff will ask you to confirm their name and date of birth and check their ID band. If your child does not have an ID band, we will also ask you to confirm their address. If we do not ask these questions, then please ask us to check.

## Introduction

Dental trauma (injury) can occur after a fall, collision or accident while playing sports.

Teeth may become:

- loose
- broken or fractured
- displaced or moved out of position
- knocked out

The treatment required will depend on the type of injury and whether adult or baby teeth are affected.

If an adult tooth is knocked out or loosened, it may need to be put back into place. A splint will then be placed to secure the tooth as it heals.

## Consent

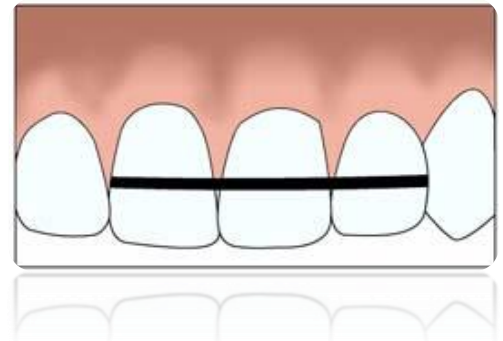
We must by law obtain your written consent to any operation and some other procedures beforehand. Staff will explain the risks, benefits and alternatives before they ask you to sign a consent form. If you are unsure about any aspect of the treatment proposed, please do not hesitate to ask to speak with a senior member of staff again.

## Types of splint

A splint is usually made of a thin, flexible wire and a special cement. The injured tooth is held securely in its correct position by fixing the wire to the tooth, and one or more teeth on either side.

The splint is usually left on the teeth for 2 to 4 weeks. This depends on the type of injury. For some children, a splint might need to be left on for longer.

A removable splint is sometimes used, which can look like a sports mouth guard.



## **Looking after your teeth with a splint in place**

### **Brushing teeth**

Your child should brush their teeth gently, using a soft toothbrush. Teeth should be brushed twice a day, once in the morning and once at night. If possible, also brush the teeth after eating, especially around the splint.

### **Mouthwash**

Your child can use Corsodyl® mouthwash (0.2%), or Corsodyl® dental gel (1%). You can buy these from a pharmacy. Your dentist will give you instructions on how to use this mouthwash or gel.

### **Eating**

Your child should eat soft food while the splint is in place. For example, pasta, soup, yoghurt, or bananas. Try to avoid hard foods. Talk to your dentist about foods to avoid if you are unsure.

### **Pain**

Your dentist will recommend painkillers for your child, such as paracetamol or ibuprofen. Always use these as recommended by your dentist. Do not use more than the recommended amount (dose) on the leaflet that comes with these medicines.

### **Contact sport**

Your child will need to avoid contact sports while the splint is in place.

### **Appointments**

It is important that you continue to bring your child to the dentist after their splint is fitted. Attend all appointments as instructed. A splint may damage the teeth if it is left on for too long.

#### Important

If the splint becomes loose between appointments, your child will need to see a dentist to have the splint fixed. Please take your child to their local dentist or contact the Paediatric Dentistry team at King's College Hospital.

### **Complications after dental injury**

Dental injury may lead to tooth sensitivity, pain and damage to the nerve of the tooth. Damage to the nerve can lead to infection. Root canal treatment may then be required.

Root canal treatment removes the infected or dead nerve. The tooth may need to be numbed with local anaesthetic so that your child does not feel pain.

In teeth with severe injuries (for example, teeth that have been completely knocked out and put back in), root canal treatment might not work. The tooth might have to be removed and replaced with a false tooth. Sometimes the infected root can start to dissolve. This can lead to tooth loss.

### **Preventing dental injuries**

If your child plays contact or ball sports (such as football, rugby or hockey), they should wear a sports mouth guard to protect the teeth. If your child still has baby teeth as well as adult teeth, their mouth guard will need to be changed regularly, to be sure of a good fit as their mouth changes.

**The contents of this leaflet have been adapted for use with permission from the Department of Paediatric Dentistry in Guy's and St Thomas' NHS Foundation Trust.**

## **Contact us**

If you have any questions or concerns about the information in this leaflet, please contact the Department of Paediatric Dentistry team. If your child has persistent bleeding, severe swelling or severe pain, please contact us. If out of hours or at weekends, please call NHS 111 or attend your local A&E department for advice.

<b>Central Referral Office</b>	020 3299 4988
<b>Clinic Appointments</b>	020 3299 3055
<b>Secretary</b>	020 3299 3375
	020 3299 4983

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.kch.nhs.uk/patientsvisitors/patients/leaflets](http://www.kch.nhs.uk/patientsvisitors/patients/leaflets)

## **Sharing your information**

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your dentist if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: [kch-tr.palsdh@nhs.net](mailto:kch-tr.palsdh@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email [kch-tr.accessibility@nhs.net](mailto:kch-tr.accessibility@nhs.net)**