

Facial Trauma

EXPERT ADVICE

Broken Jaw

“If after getting hit in the lower jaw, an athlete has pain and trouble bringing the teeth together when biting down, the best thing to do is to see a dentist or oral surgeon immediately for an evaluation. Another tell-tale sign is bruising under the tongue – I like to say that’s a broken jaw until proven otherwise. The sooner an athlete is treated for a break in the jaw, the better – we like to do it as soon as possible. If you go longer than two weeks with a broken jaw, it may start to heal improperly – which could lead to its needing to be broken again in order to be repaired.”



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You’re probably felt that cringe coming on before – you know, the one that comes from seeing someone get smacked in the face with a ball. But what if that person is your child – or for that matter, you? Here’s what you can do in the event of an injury to the face.

Cuts, Scrapes, and Bruises Most soft tissue injuries – injuries that occur to the muscles, skin, and connective tissues – will heal with time. However, in some cases, cuts and scrapes on the face may require aesthetic attention during treatment in order to avoid disfigurement. For larger, deeper wounds, consult with a physician who can advise you on ways to minimize scarring. In the case of a contusion (serious bruise), be sure to use the P.R.I.C.E. formula: protection, rest, ice, compression, elevation.

Injuries to the Teeth

- If a tooth has been chipped or cracked, see a dentist as soon as possible to receive a filling or crown.
- If a tooth is knocked out, immediately place it in salt water or milk and see a dentist or

oral surgeon as soon as possible. The sooner a tooth is reinserted, the better.

Fractures Any type of facial fracture is a serious matter and will require immediate attention from an oral and maxillofacial surgeon. In the event of serious trauma, call 911 immediately. *Symptoms of fractures include:*

- *Broken nose: pain, swelling, crooked or bent appearance, nosebleed, runny nose*
- *Broken or dislocated jaw: severe pain, swelling, lump or abnormal appearance, bleeding from the mouth, difficulty opening the mouth, inability to bring teeth together, bruising under the tongue, numbness in the chin or lower lip*
- *Broken cheekbone: flatness of the cheek, swelling, tenderness, visual complaints, pain with jaw movement, blood in the side of the eye on the affected side*
- *Broken eye socket: sunken eye, black eye, redness and areas of bleeding on the white of the eye and inner lining of eyelids, double vision, difficulty looking in a certain direction, swelling and deformity* +

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