EMERGENCY DENTAL GUIDE · KANPUR

Gully Cricket Mein Daant Toot Gaya?

Kanpur Ke Emergency Dentist 60 Minute Mein Smile Wapas Banate Hain

Green Park ke paas Sunday afternoon — final over, score tied, 17 saal ka Rohit strike par. Bouncer aaya, bat ka edge, aur ball seedha front teeth par. Ek crack — aur daant ka tukda dusty pitch par gir gaya. Har hafte Kanpur mein yeh scene repeat hota hai. **Lekin sahi first aid aur same-day treatment se smile poori tarah wapas aa sakti hai — aksar sirf ek 60-minute visit mein.**

40%	10–15%	1%/min	60 min
India mein sports accidents = adolescent dental trauma ka #1 reason	Global TDI prevalence — Indian Journal of Pediatrics	Nikle hue daant ka survival drop — har minute count hota hai	Same-day smile restoration — The Crown protocol

CHAPTER 1

Pehle 30 Minute — Emergency Game Plan

Journal of Dental Traumatology: nikla hua daant har minute ~1% survival kho deta hai. Yeh 5 steps har parent, coach aur player rat lo.

1. **Toota hua tukda dhoondo & save karo**
 Tukda crown (safed hissa) se pakdo — root se kabhi nahi. Clean container mein **cold milk ya saline** daalo. Tissue/cloth mein lapetna mana hai — cells dry ho jaate hain, reattachment impossible.

2. **Gently rinse karo, scrub NAHI**
 Tukda aur mouth warm water se rinse karo. Soap, toothpaste ya koi chemical nahi. Root surface scrub karna mana — periodontal ligament cells hi reattachment karwi hain.

3. **Bleeding control — gauze se pressure**
 Clean gauze ya soft cloth se **10 minute** gentle pressure. Agar 10 minute ke baad bhi bleeding rukhe nahi — deeper trauma hai, turant clinic.

4. **Cold compress — 15 min intervals**
 Ice ko cloth mein lapet ke cheek ke bahar 15-minute intervals mein lagao. Sports injuries mein swelling aur pain kam karta hai.

5. **Emergency dentist ko turant call**
 The Crown ka emergency line **+91 8707504822** dental professionals uthaate hain — first aid guidance on-call, jab tak aap clinic pahuncho.

CHAPTER 2

Daant Kahan Rakhein? Milk Hi Kyun?

Root ke periodontal ligament cells ko sahi pH, osmolarity aur nutrients chahiye. Milk oral cavity ke pH ke kareeb hai — isliye cells 6 ghante tak zinda rehte hain. **Water hypotonic hai — cells phool kar phat jaate hain.**

Storage Medium	Cell Viability	Max Time	Recommend?
Milk (cold)	Excellent	6 hours	YES
Saline solution	Good	2 hours	YES
Saliva (mouth ke andar)	Moderate	1 hour	Acceptable
Water	Poor	30 minutes	NO
Dry (tissue/cloth)	Very Poor	15 minutes	NEVER

CHAPTER 3

Toota Hua vs Pura Nikla Hua Daant

Dono alag emergencies hain — response bhi alag. Sports dental injuries mein 50% fractures, 30% avulsions (Journal of Dental Traumatology).

Action	Toota Hua Daant 🦷	Nikla Hua Daant (Avulsed)
Tukda / daant	Fragment save karo	Pura daant save karo
Kis se pakde	Crown only	Crown only — root kabhi nahi
Storage	Milk ya saline	Milk, saline, ya seedha socket mein
Time window	24 ghante ke andar	60 minute (ideal)
Reimplantation	Lagu nahi hota	Cells viable hon to possible
Treatment	Bonding, veneer ya crown	Reimplantation + splinting

Nikla hua permanent daant ideal case mein **5 minute** ke andar socket mein wapas. Na ho sake to milk mein rakho aur **60 minute** ke andar clinic pahuncho. 30 minute ke andar reimplant = **90% survival**; 2 ghante baad sirf **50%**.

CHAPTER 4

The Crown 60-Minute Emergency Protocol

Dr. Apurva Chaturvedi (MDS, Maxillofacial Prosthodontist & Implantologist) + Dr. Priyanka Chaturvedi (MDS, Endodontist & Aesthetic Dentist) ka streamlined same-day protocol — speed without compromising quality.

0–5 min — **1. Triage & Assessment**
Digital X-ray, clinical exam, injury classification

5–15 min — **2. Pain Management**
Local anesthesia, nerve assessment, sensitivity testing

15–35 min — **3. Restoration**
Composite bonding, veneer placement ya crown preparation

35–50 min — **4. Finishing & Polishing**
Shade matching, contouring, bite adjustment

50–60 min — **5. Post-op Care**
Instructions, follow-up scheduling, emergency contact

> *"Every minute counts in dental trauma. Tooth bachana ya khona — farak sirf minutes mein hota hai, hours mein nahi. Isliye hamara emergency protocol door se restored smile tak 60 minute se kam mein le jaata hai."*
>
> — **Dr. Apurva Chaturvedi, MDS, Maxillofacial Prosthodontist & Implantologist, The Crown Dental Clinic**

CHAPTER 4 · B

Treatment Options — Injury Ke Hisaab Se

Dental Bonding — 30–45 min
Minor chips & small fractures. Tooth-colored composite resin shape karke special light se cure. Chipped tooth repair ka sabse common treatment — complete hone par virtually invisible.

Porcelain Veneer — 2 visits
Bade front-teeth fractures jahan aesthetics paramount. Thin porcelain shell custom-made hota hai aur tooth ke front par bond — natural, durable restoration.

Dental Crown — Same-day / 2 visits
>50% tooth structure lost ho to crown (cap) poora tooth cover karta hai. The Crown par select cases ke liye **same-day CAD/CAM crowns** available.

Root Canal + Crown — Single visit
Fracture pulp (nerve chamber) tak gaya ho to pehle root canal. Dr. Priyanka Chaturvedi advanced rotary technology se painless single-visit RCT karti hain.

CHAPTER 5

Deri Ki Keemat — Har Ghante Ka Hisaab

"Chhota sa chip hai, agle hafte dikha dunga" — yeh soch mehngi pad sakti hai. Timing ke hisaab se outcomes permanently badal jaate hain.

Delay	Kya Hota Hai	Treatment Complexity
0–6 ghante	Optimal window — reattachment & bonding ke liye	Simple bonding / reattachment
6–24 ghante	Exposed dentin par bacteria colonize; sensitivity badhti hai	Bonding + desensitizing
24–72 ghante	Pulp infection ka risk; nerve damage irreversible ho sakta hai	Root canal + crown
3–7 din	Infection failta hai; tooth non-vital ho sakta hai	RCT + crown + possible extraction
1+ hafta	Tooth loss likely; aas-paas ke teeth shift hone lagte hain	Implant ya bridge chahiye

Financial hisaab bhi wahi: simple bonding — root canal + crown ya implant ke muqable bahut sasta. Turant treatment = tooth bhi bachti hai, paisa bhi.

CHAPTER 6

First-Aid Card — Kanpur Ke Parents & Coaches

Systematic review (Dental Traumatology): sirf **26.3% adolescents** jaante hain ki nikla hua permanent daant re-plant ho sakta hai. Yeh card school bag ya sports kit mein rakho.

✅ DO
- ✓ Tooth ka tukda dhoondo aur save karo
- ✓ Cold milk mein store karo
- ✓ Mouth ko warm water se gently rinse karo
- ✓ Cheek par cold compress lagao
- ✓ Turant call karo: +91 8707504822

❌ DON'T
- ✗ Water mein store mat karo
- ✗ Tissue ya cloth mein na lapeto
- ✗ Root scrub/clean mat karo
- ✗ Delay mat karo — har ghanta matter karta hai
- ✗ Bachhe ko khana/peela na do

26.3%	80%
adolescents jaante hain avulsed daant re-plant ho sakta hai — Dental Traumatology review	sports dental injury risk kam — custom-fitted mouthguard se (The Crown par fitting available)

CHAPTER 7

Kanpur Kyun Bharosa Karta Hai — Track Record

5,000+	1,500+	3,000+	98%
Patients Treated	Implants Placed	Root Canals	Patient Satisfaction

- ✓ **MDS-Specialist Led Care:** Dono doctors MDS-qualified — har emergency case specialist ke haath, generalist ke nahi.
- ✓ **Same-Day Emergency Slots:** Roz emergency slots reserve — Sunday (11 AM–4 PM) included. Call par hi same-day appointment confirm.
- ✓ **Advanced Technology:** Digital X-rays, CAD/CAM same-day crowns, rotary endodontics, pain-free anesthesia protocols.
- ✓ **Convenient Location:** 133/105 O Block, Kidwai Nagar (Bandhan Bank ke opposite) — Green Park, Swaroop Nagar, Kakadeo sab se accessible.
- ✓ **Transparent Pricing:** Treatment se pehle clear cost estimate. No hidden charges, no surprises.

Daant Toota Hai? Don't Wait — Har Minute Counts.

Same-day emergency appointment ke liye abhi call ya WhatsApp karo. Save the piece, store it in milk — aur seedha The Crown pahuncho. Team ready hai aapki smile 60 minute mein restore karne ke liye.

Call Now: +91 8707504822 | **WhatsApp: 918707504822**

The Crown Multispeciality Dental Clinic & Implant Center
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★ 4.7 rating · 500+ Google Reviews · Founded 2021 · 5+ Years of Clinical Excellence

Sources: Indian Journal of Pediatrics · Journal of Dental Traumatology · thecrowndentalclinic.com