

METHODS OF STOPPING BLOOD IN TONGUE INJURIES.

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Annotation. Tongue injuries, though common, can be distressing due to the rich blood supply in the oral cavity. Swift and effective management is crucial to control bleeding and promote healing. This article explores various methods to stop blood in tongue injuries, providing a comprehensive guide for healthcare professionals and individuals alike. The literature analysis delves into existing research, offering insights into the effectiveness of different approaches. The methods section outlines practical steps for immediate intervention, while the results and discussion sections critically assess the outcomes and implications of each method. The article concludes with key takeaways, offering suggestions for optimizing future interventions.

Keywords: tongue injuries, hemostasis, bleeding control, first aid, wound management, oral trauma.

Tongue injuries, often resulting from accidents, falls, or oral trauma, can lead to profuse bleeding and pose a significant challenge for effective wound management. Rapid and efficient hemostasis is crucial in preventing excessive blood loss and minimizing complications. This article aims to provide an in-depth exploration of various methods for stopping blood in tongue injuries, ranging from basic first aid to advanced medical interventions.

A thorough review of existing literature reveals a diverse range of approaches to manage bleeding in tongue injuries. Traditional methods include direct pressure, elevation, and ice application. However, more advanced techniques such as topical hemostatic agents, sutures, and cauterization have gained prominence in recent years. Each method has its advantages and limitations, emphasizing the need for a tailored approach based on the severity and nature of the injury.

Direct Pressure: The application of direct pressure on the wound is a fundamental first aid technique. Using a clean cloth or sterile gauze, gentle pressure should be applied to the bleeding site, promoting clot formation and reducing blood flow.

Ice Application: Cold compresses or ice packs can constrict blood vessels and reduce bleeding. However, prolonged application should be avoided to prevent tissue damage.

Topical Hemostatic Agents: Commercially available hemostatic agents, such as gelatin-based sponges or fibrin sealants, can be applied directly to the wound to promote coagulation and stop bleeding.

Suturing: For more severe tongue injuries, medical professionals may opt for suturing. This method involves stitching the wound to approximate the edges, facilitating the natural clotting process.

Cauterization: In extreme cases where other methods are ineffective, controlled cauterization using a specialized tool may be considered. This method involves applying heat to seal blood vessels and promote hemostasis.

Here are some general steps that might help manage bleeding from a tongue injury:

Apply Pressure:

- Gently but firmly press a clean cloth or sterile gauze against the injured area of the tongue.
- Maintain consistent pressure for at least 10-15 minutes. Avoid peeking to check if the bleeding has stopped, as this may disrupt the clotting process.

Ice Pack:

- Applying an ice pack wrapped in a thin cloth to the outside of the mouth may help reduce swelling and slow down bleeding.
- Do not apply ice directly to the tongue, as it can cause further damage.

Keep the Head Elevated:

- Keeping the head elevated can help minimize blood flow to the head and reduce bleeding.

Avoid Certain Foods and Drinks:

- Avoid hot, spicy, or acidic foods and drinks that can irritate the injured area and potentially worsen bleeding.

Rinse with Cold Water:

- Gently rinse the mouth with cold water to remove any blood or debris, but avoid vigorous rinsing, as it may disrupt clot formation.

Topical Agents:

- Some over-the-counter topical agents or oral gels may help numb the area and provide temporary relief.

Seek Medical Attention:

- If the bleeding is severe, persistent, or if there's concern about the extent of the injury, seek immediate medical attention or go to the emergency room.

Remember, these suggestions are not a substitute for professional medical advice. Always consult with a healthcare professional for proper evaluation and guidance based on the specific situation.

The choice of hemostatic method should be guided by the severity of the injury, the presence of underlying medical conditions, and the availability of resources. While direct pressure and ice application are easily accessible and can be initiated in first aid scenarios, professional medical intervention becomes crucial for more complex cases. Topical hemostatic agents provide a middle ground, offering an effective solution without the need for invasive procedures.

Conclusions and Suggestions:

In conclusion, managing blood loss in tongue injuries requires a nuanced approach, considering the nature and severity of the injury. A combination of first aid techniques and advanced medical interventions may be necessary for optimal outcomes. Early recognition of the need for professional medical assistance is essential, and individuals should be educated on basic first aid measures to initiate prompt action. Further research and innovation in hemostatic methods specific to tongue injuries may contribute to improved outcomes and reduced complications.

In practice, a comprehensive approach involving the collaboration of first responders, emergency medical personnel, and oral healthcare professionals is crucial for effective bleeding control in tongue injuries. As technology advances, ongoing research and development may introduce new hemostatic strategies, further enhancing the management of tongue injuries and minimizing associated risks.

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