



ACTIVE KIDS, HEALTHY TEETH

WHAT TO DO IF...

A BABY TOOTH IS KNOCKED OUT



- Contact your pediatric dentist as soon as possible. **QUICK ACTION** can lessen a child's discomfort and **PREVENT INFECTION**.
- Rinse the mouth with water and apply **COLD COMPRESSES** to reduce swelling.
- Spend time **COMFORTING THE CHILD** rather than looking for the tooth. Remember, baby teeth should not be replanted because of potential damage to developing permanent teeth.

A PERMANENT TOOTH IS KNOCKED OUT



- Find the tooth. Rinse it gently in cool water. **DO NOT** scrub it or use soap. Fast action can save the tooth.
- **REPLACE THE TOOTH** in the socket and hold it there with clean gauze or a wash cloth. If you cannot put the tooth back in the socket, place the tooth in a clean container, preferably with cold milk. If milk is not available, put it in a container with the child's saliva, but **NOT IN WATER**
- Take the child and the tooth to your pediatric dental office **IMMEDIATELY** or call the emergency number if it is after hours.

A TOOTH IS CHIPPED OR BROKEN



- Contact your pediatric dentist **IMMEDIATELY**.
- Fast action can save the tooth, prevent infection and reduce the need for extensive dental treatment.
- Rinse the mouth with **WATER AND APPLY COLD COMPRESSES** to reduce swelling.
- If a parent can find the broken tooth fragment, it is important to **TAKE IT TO THE DENTIST**.

AN ACTIVITY INVOLVES RISK OF FALLS OR COLLISIONS



- Wear a **MOUTH GUARD** when activity involves a risk of falls, collisions or contact with hard surfaces or equipment.
- Pre-formed mouth guards can be purchased in sporting goods stores, or **CUSTOMIZED MOUTH GUARDS** can be made by a pediatric dentist.