



ACTIVE KIDS, HEALTHY TEETH

WHAT TO DO IF...

A BABY TOOTH IS KNOCKED OUT

1 Contact your pediatric dentist as soon as possible. **QUICK ACTION** can lessen a child's discomfort and **PREVENT INFECTION**.

2 Rinse the mouth with water and apply a **COLD COMPRESS** to reduce swelling.

3 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

1 Find the tooth. Rinse it gently with milk. **DO NOT** use soap or water

2 **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**.

3 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

1 Contact your pediatric dentist **IMMEDIATELY**. Fast action can save the tooth, prevent infection and reduce the need for extensive dental treatment.

2 Rinse the mouth with water and apply a **COLD COMPRESS** to reduce swelling.

3 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

1 Wear a **MOUTH GUARD** when an activity involves a risk of falls, collisions or contact with hard surfaces or equipment.

2 Pre-formed mouth guards can be purchased in sporting goods stores, or **CUSTOMIZED MOUTH GUARDS** can be made by a pediatric dentist.

