

CFK Newsletter #2

Dental Emergencies

We want our children to have fun while at play, but some activities, such as biking, skating, or contact sports, can put children at risk for mouth or tooth injuries.

Do you know what to do if your child is injured and has a dental emergency?

Knocked out **permanent** tooth:

- ❖ Find the tooth.
- ❖ Hold it by the crown (top part only), not the root.
- ❖ Gently rinse with cold water, but do not scrub.
- ❖ Reinsert the tooth quickly, making sure that the front of the tooth is facing you.
- ❖ Take the child to the dentist immediately.
- ❖ If you cannot reinsert the tooth, place it in a cup of milk or a cold wet cloth. Take your child and the tooth to the dentist immediately.

Knocked out **baby** tooth:

- ❖ Do NOT try to reinsert a baby tooth that has been knocked out. You could damage the permanent tooth underneath the gum.
- ❖ Take your child to the dentist immediately.

Fractured or chipped tooth:

- ❖ Rinse the child's mouth with water.
- ❖ Place a cold cloth over the area to reduce swelling.
- ❖ Take your child to the dentist immediately.

Be sure that your child's caregiver has your dentist's name and phone number in case of an injury or emergency.

Prevent injuries!

- ❖ Use car seats and booster seats.
- ❖ Have your child wear a helmet when riding a tricycle or bicycle.
- ❖ Supervise children on playground equipment.
- ❖ As s/he begins to participate in sports, teach your child about safety equipment to protect teeth and faces – helmets, pads, mouth guards, and face protectors.
- ❖ Be sure that your child uses safety gear for biking, skating, and other sports where injuries are likely to happen.

