



ACTIVE KIDS, HEALTHY TEETH

The American Academy of Pediatric Dentistry has developed this brief guide to help parents and caregivers be prepared for the most common types of childhood tooth injuries.

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.



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.

OUR PEDIATRIC DENTIST

Name _____

Phone Number _____

Visit MYCHILDRENSTEETH.ORG to locate a pediatric dentist near your home and to join AAPD's Monster-Free Mouths Movement.



TOOTH
D.K.



GINGER
BITE-US



TARTAR THE
TERRIBLE



AMERICA'S PEDIATRIC DENTISTS
THE BIG AUTHORITY on little teeth