

In the last edition of the Totally Locally Times I talked about starting school as being a good time to ensure routines are established to keep those young mouths happy and smiling.

Dental health checks by your dentist are really important from an early age to check the growing teeth and developing jaws. Regular visits help to ensure good brushing and the right advice for your child at their age and stage. However sometimes accidents happen....

Prevent a child losing their smile. If an “adult” tooth is knocked out, all is not lost. Act Quickly.

FIRST AID ADVICE

1. **Find the tooth.** Hold the tooth by the crown (the part usually visible in the mouth) not by the root (the pointed end). Do not scrub the tooth or place it in disinfectant.
2. **If the tooth is clean.** Hold it by the crown and carefully but firmly push it back into its socket, making sure that it is the right way round. This is usually painless if done immediately after the accident.
3. **If the tooth is dirty.** Rinse it in milk or cold water before pushing it back into place.
4. **Hold the tooth in place.** Ask the child to keep it in position by biting on a handkerchief and go to the dentist immediately for advice.

If you can't put the tooth back place it in a cup of **milk** (or cold water). Do not let the tooth become dry. Do not place the tooth in disinfectant. **Contact your dentist immediately.**

If a tooth is broken in an accident try to find the pieces, store in milk and contact your dentist straight away. Often broken parts of teeth can be “glued” back into position.

If there are other injuries that may need **hospital treatment** as priority eg vomiting, headache, loss of consciousness, amnesia, breathing difficulties, bone fractures, cuts on the skin needing stitches, you should be seen by your dentist as soon after hospital treatment as possible.

All is not lost – injuries often look worse to start with. As a team at Shipston Dental Practice we are experienced in dealing with dental trauma and in a broad range of techniques to repair the teeth and restore your smile.

PREVENTION IS BETTER THAN CURE – KEEP YOUR SMILE WHERE IT BELONGS – WEAR A SPORTS GUM SHIELD WHEN PLAYING RUGBY OR HOCKEY!

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