

You Can Keep Your Smile Healthy & SAFE!



Healthy Teeth



Injured Teeth

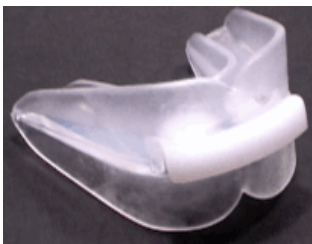


Safe Teeth

Prevent Injuries!

Teeth are often injured when playing sports with risk of injury such as football, baseball, soccer, ice hockey, bicycling, skateboarding, and many others.

Wear a mouth guard!



Stock - Good



Boil and Bite - Better.
These are best if your dentist fits them.



Custom - BEST.
These are made by your dentist. They cost more but are worth it.

If you are hit in the mouth...

If a tooth is **knocked out** see a dentist **immediately**, but first:

- Older children/adults with **permanent** teeth:
 - **Do not touch the root** (pointed part).
 - **Rinse gently** in milk or saline, not water.
 - **Put tooth back in gum** where it came out.
 - If you can't put it back, put it in **milk**.
- Children under 6 years with **baby** teeth:
 - Do not replace.



If your tooth is **knocked loose** or deep into the gum **see a dentist immediately**. Even if your tooth is not loose, it may be broken. You need an **x-ray**.



If your tooth is chipped, see a dentist quickly. Your tooth may hurt and have other problems you cannot see.

Piercings can lead to injury

- Pierced tongues or lips can lead to **chipped teeth** and **damage to your gums and roots**.