

# Let's Talk Teeth!

## Kids oral health at Halloween



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New text messaging reminders are available through T.LINK! Login to the website to enter your cell phone # under preferences. Don't have a user ID & Password? Did you know you can access your account & appointment information right from our website? Give Annie a call, she'll set you up!

[www.mydentistdrdunne.com](http://www.mydentistdrdunne.com)

Been missing a familiar voice when you call? Annie's back! She had her baby boy, Porter, on August 22nd. 8lbs, 4oz.



### Serve a healthy

**supper.** A good meal before trick-or-treating leaves less room for sugary sweets.

**Set up a candy "bank."** Allow your child four or five pieces of candy, then store the rest in a sealed container (freeze chocolate). Establish times when the "bank" will be open for withdrawals over the next month.

### Offer tooth-friendly fare to trick-or-treaters

Consider sugar-free treats or travel sizes of toothpaste and dental floss. Just remember that although treats like dried fruit might be more

nutritious than gummy candy, both hold decay-producing acid against teeth for longer periods of time than other snacks.

**Make sure candy is age-appropriate** Don't give children ages 5 and under jawbreakers or hard candies. These can chip teeth or cause choking.

**Encourage kids to drink water throughout the day.** It will help rinse sugar away from teeth until there is time for proper brushing.

### Brush before bedtime

Offer your child a new, brightly colored toothbrush as a final Halloween treat. Insist on a good brush before bedtime.



## STAY IN THE GAME! GO DUCKS!

Part of being active is knowing how to avoid injury. Along with possible cuts, bruises, broken bones and concussions, in sports you run the risk of injuring your mouth and jaw. Preventing mouth injuries and knowing what to do if they happen can keep you in the game.

**Dental emergencies** Knowing how to handle a dental emergency can mean the difference between saving or losing your tooth.

**Knocked-out tooth:** Keep tooth moist at all times. Hold the tooth by the crown, and if the tooth is dirty, rinse the root in water. Do not scrub the tooth or remove any attached tissue fragments. The tooth must not be left outside the mouth to dry. If possible, gently insert and hold the tooth in its socket. If it cannot be replaced in the socket, put it in milk or in the mouth (next to cheek). Take the tooth to Dr. Dunne as soon as possible-ideally, within 30 minutes.

**Cracked or broken tooth:** Rinse the mouth with warm water to clean the area. Put cold compresses on the face to keep any swelling down. Call Dr. Dunne right away!

**Bitten tongue or lip:** Clean the area gently with a cloth, and put cold compresses on the area to keep the swelling down. If bleeding is excessive or doesn't stop in a short period of time, call Dr. Dunne or go to a hospital emergency room.

**Jaw possibly broken:** Apply cold compresses to control swelling. Call Dr. Dunne or go to a hospital emergency department immediately.

**Prevent injuries, use mouthguards! The MVP (Most Valuable Protection)** When it comes to protecting your smile during active sports, a well-fitting mouthguard is an essential piece of athletic gear. Mouthguards buffer impact that may otherwise cause broken teeth, jaw injuries, or cuts to the lip, tongue or face. They may also reduce the occurrence and severity of concussions. In fact, an athlete is 60 times more likely to suffer harm to the teeth when not wearing a mouthguard.

