



Dental Emergencies

Accidents can happen anywhere, anytime. Knowing how to handle a dental emergency can mean the difference between saving and losing your child's permanent tooth. For all dental emergencies, it's important to take your child to the dentist as soon as possible.

Here are some tips if your child experiences a common dental emergency:



For a knocked-out tooth, keep it moist at all times. Try and find the tooth or pieces of it so that you can make sure it hasn't been inhaled. If you can, try placing the tooth back in the socket without touching the root. Call your dentist right away.



For a cracked tooth, immediately rinse the mouth with warm water to clean the area. Put cold compresses on the face to keep any swelling down.



If your child bites his tongue or lip, clean the area gently and apply a cold compress.



For toothaches, rinse the mouth with warm water to clean it out. Gently use dental floss to remove any food caught between the teeth. Do not put aspirin on the aching tooth or gum tissues.



For objects stuck in the mouth, try to gently remove with floss but do not try to remove it with sharp or pointed instruments.



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SOUTH COAST AESTHETICS&DENTAL

TAKE GOOD CARE OF YOUR CHILD'S BABY TEETH

They do eventually fall out but until they do, baby teeth play an important role in helping your child bite and chew food, and speak clearly.

SOUTH COAST  AESTHETICS&DENTAL

What to expect during childhood




BABY TEETH ERUPTION

Even before the first tooth erupts, the primary (baby) teeth are completing their formation in your infant's jaw. The eruption of the first baby tooth paves the way for future dental checkpoints. From baby teeth to wisdom teeth, the level of care will determine the quality of your child's smile, and ultimately their overall health. Dental care should begin as soon as the first tooth erupts with a trip to the dentist and continue in recommended intervals to monitor homecare and further development. And yes, baby teeth matter! They hold space for the permanent teeth, facilitate speech and nourishment and should be maintained until they naturally exfoliate.



BRUSHING, BOTTLE-FEEDING AND THUMB-SUCKING

Once the baby teeth arrive, protect them as they allow the jaw to develop. Taking your child to the dentist as a toddler allows his or her oral health to be monitored for early problems and abnormalities. It's important to monitor the following:

-  *Supervised and supported brushing and flossing*
-  *Thumb- or finger-sucking effects and cessation*
-  *Nutrition and baby bottle use*

Baby teeth can develop cavities if they lack homecare or have a diet that is high in fructose sugars, especially when ingested through a bottle. Your dentist can advise you on what should be put in a bottle and when to discontinue bottle use. Additionally, they can provide instruction on oral hygiene. Pacifier use, finger- and thumb-sucking are all normal to a degree, but should be discouraged if it affects the proper development of the teeth and jaw. By seeking dental care early,

Cavities

Cavities can develop when sugar-containing foods are allowed to stay in the mouth for a long time. Bacteria that live on the teeth feast on these bits of food and can eat away at tooth enamel. Saliva washes away the acid between meals, but if your child is always eating, there may not be time for this acid to get washed away.



Wiggly teeth

When a child is about 6 years old, his/her teeth will begin to come loose. Let your child wiggle the tooth until it falls out on its own. This will minimize the pain and bleeding associated with a lost tooth.

Mixed Dentition

Once kids begin to lose baby teeth and the permanent teeth begin to erupt, they have a "mixed dentition," which brings specific concerns. Your child may begin to participate in sports, show signs of teeth crowding and make poor choices in their diet. Again, your dental professional will recognize what preventative or interventional treatment is necessary. This may include:

- A sport's mouth guard to protect the teeth and jaw.
- Referral to an orthodontist.
- Nutritional counseling to help your child make healthy dietary choices.
- Fluoride treatment and dental sealants to prevent further decay

EASY AS 1,2,3

BRUSHING AND FLOSSING

These steps are the best and easiest ways to help you remember how to care for their mouth, teeth and gums:

- 1** Brush at least twice a day with toothpaste in a circular motion, covering all surfaces of the teeth and massaging the gums, especially first thing in the morning and before bedtime. Use a soft toothbrush which is replaced as soon as it shows signs of wear.
- 2** Floss every day – usually at bedtime.
- 3** Visit your dentist every 6 months for an oral exam and professional cleaning

