

# You Can Keep Your Smile Healthy & SAFE!



Healthy Teeth



Injured Teeth

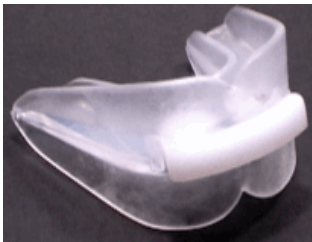


Safe Teeth

## Prevent Injuries!

Teeth are often injured when playing sports with risk of injury such as football, baseball, ice hockey, bicycling 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 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 a tooth is **knocked loose** or deep into the gum **see a dentist immediately**. Even if the tooth is not loose, it may be broken. An **x-ray** is needed.



If a tooth is chipped, see a dentist quickly. Teeth 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**.