



# Dental Care: Teeth Tips

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## Tips for a Healthy Mouth



Routine Dental  
Check-ups



Brush Twice a Day  
Floss Once a Day



Avoid Sugary Drinks  
and Snacks



Drink Water

## First Tooth, First Birthday, First Dental Visit

It's recommend as soon as 6 months after the first tooth erupts or by about 12 months at the latest. Cavities can start forming as soon as a tooth erupts, so a healthy diet and oral hygiene is important to begin early.

## Dental Emergencies

### **Tooth Loss or Displacement**

- Seek dental treatment as soon as possible; timing is critical in cases of replacement. If possible, try to keep the tooth with you, but make sure you hold it from the crown and not the root. Place the tooth in a bowl of Hank's balanced salt solution, saliva, milk, or water so that the dentist can try to revive it. If your child loses a baby tooth, the dentist may not try to replace the tooth, as it can impact the upcoming permanent tooth.

### **Dental Abscess**

- An abscess is an infection that occurs in the roots of a tooth. Some symptoms of abscess or infection are: fever, bad breath, severe tooth/gum pain, bad taste in the mouth, swollen gums. If a child is experiencing any of these symptoms, seek dental care as soon as possible.