

OH NO! WHAT TO DO IF...

(RECOMMENDATIONS FROM THE AMERICAN ACADEMY OF PEDIATRIC DENTISTRY)

- Take a deep breath. Your child will be OK!
- Try to stay calm. Littles feed off their parents' energy. (Easier said than done, I know.) ♥
- Take a picture and/or a video of the area of injury to show us. Many times it can save you a trip into the office. If during working hours, mail it to: info@nopokids.com or, if after hours, wait to speak to the oncall support to see where to best send it.
- Call us: 971.978.0009. If after hours, hit THREE for the emergency line.
- Top dental trauma culprits: bathtubs (no standing!), socks on hardwood floors, climbing on high chairs and stools, coffee tables, bikes/scooters/skateboarding/sports (see sports section below for recs), trampolines (try to stick to "one at a time" as best as you can).

A BABY TOOTH IS KNOCKED OUT

- 1** Contact us as soon as possible. Quick action can lessen a child's discomfort and prevent infection.
- 2** Rinse the mouth with water and apply a cold compress to reduce swelling.
- 3** Spend time comforting the child rather than looking for the tooth.
- 4** Remember, baby teeth should not be replanted because of potential damage to the developing permanent tooth and aspiration risks.



A PERMANENT TOOTH IS KNOCKED OUT

- 1** Find the tooth. Rinse it gently in cool water. Do NOT scrub it or use soap.
- 2** Replace the tooth in the socket and hold it there with clean gauze OR a wash cloth. If you cannot put the tooth back in the socket, place the tooth in a clean container, preferably with cold milk. If milk is not available, put it in a container with the child's saliva, but not in water.
- 3** Call us if during working hours and be prepared to take your child to NoPo Kids immediately or, if after hours, call the emergency number.



If you cannot reach anyone within 20 minutes, drive to your closest urgent care or emergency room. Time is critical with permanent teeth!

A TOOTH IS CHIPPED OR BROKEN

- 1** Contact Doctor Staci as soon as possible. Fast action can save the tooth, prevent infection and reduce the need for extensive dental treatment. Only if you see a red or pink dot or exposure (the nerve) in the center of tooth or if tooth is now dangling/extremely loose, is time more critical and an immediate phone call is necessary.
- 2** Rinse the mouth with water and apply cold compress to reduce swelling.
- 3** If you feel your child may need sutures due to a soft tissue injury to the mouth or face, along with a tooth injury, it is generally best to go to the emergency room first where a surgeon will be available to help your child. Call us on the way to tell us about the tooth issue.



AN ACTIVITY INVOLVES RISK OF FALLS OR COLLISIONS

- 1** Wear a mouthguard when the activity involves a risk of falls, collisions or contact with hard surfaces or equipment. Pre-formed mouthguards can be purchased from sporting goods stores and we recommend them for all sports involving any contact.
- 2** Doctor Staci LOVES BMX/full coverage bike helmets for all biking, scootering, and skateboarding. While traditional helmets protect our brains, only BMX helmets protect our jaws, teeth, and mouths. She receives A LOT of calls after hours from falls due to dental injuries from such activities. Her daughters wear them and love them!

