

# NORTHMEAD DENTAL

(02) 9639 6900

Open 6 days for your convenience.



**Welcome to 2015! We hope you had a wonderful Christmas and New Year!**

## MOUTH GUARDS - FOR ALL AGES

Mouth guards should be worn whilst playing and training for any sport that may involve contact to the face.

Sports that carry a risk of contact to the face include rugby, boxing, soccer, basketball, baseball, horse riding, netball, skateboarding, cricket and even water skiing.



At **NORTHMEAD DENTAL** we offer custom-fitted mouth guards to cater for any age and any sport.

## January-June 2015

This issue:

- It's mouth guard season!
- AND...
- What to do if a tooth is knocked out

## Office Opening Hours

Monday	7:30am – 6:00pm
Tuesday	7:30am – 5:00pm
Wednesday	8:00am – 6:00pm
Thursday	8:00am – 6:00pm
Friday	8:00am – 6:00pm
Saturday	7:30am – 11:00am
Sunday	Closed Sundays and Public Holidays

*'Every tooth in a man's head is more valuable than a diamond.'* – Miguel de Cervantes

### Heavy collisions may result in:

- Chipped or broken teeth
- Internal damage to a tooth
- Tooth loss
- Injuries to soft tissues of the mouth, and;
- In severe cases, concussion or broken jaw.

### Extra tips:

- The Australian Dental Association (ADA) recommends only professional custom-fitted mouth guards – NOT over-the-counter alternatives.
- Check your mouth guard every 12 months for fit, keep it clean and store it away from heat to retain its shape.

## What to do if a tooth is knocked out

### DO:

- Carefully find the tooth, handle it by the crown only (not the root)
- If the root is dirty, and the patient is calm and conscious, they can gently suck the tooth clean. If not, rinse in milk or very briefly, in water.
- Immediately replant tooth in socket making sure it is facing the right way. Time is critical and immediate placement is best.
- Hold the tooth in place. Aluminium foil may be used to stabilize or patient may bite down gently on soft cloth or gauze.
- If unable to replant the tooth, keep it moist in a cup of milk, seal it in plastic wrap or place it in patient's mouth next to the cheek.
- **Seek IMMEDIATE Dental Treatment - Time is Critical.**

### DON'T:

- Hold the tooth by the root surface
- Scrape or rub the root surface
- Let the tooth dry out
- Put the tooth in ice
- Rinse or store tooth in water for more than one or two seconds
- Remove any tissue or gum fragments from tooth

