



## Dental Safety and Emergencies

Preventing dental injuries is as important to good oral health as regular visits to your dentist and personal dental care such as brushing and flossing. By taking simple precautions, you can avoid most common dental injuries

### Prevention for adults

Common sense can help prevent many adult dental emergencies. Here are some tips for avoiding the most common dental injuries:

- Do not chew hard objects that can crack your teeth such as ice, popcorn kernels or hard candy.
- Use scissors to cut tape and threads, not your teeth.
- Wear a mouthguard if you are participating in sports or recreational activities to reduce the chances of damage to your teeth, lips, cheek and tongue.

### Prevention for children

Parents play a big role in keeping their children's teeth healthy and clean. Good eating habits and daily oral hygiene help to prevent cavities. Here are some tips for preventing dental injuries:

- When driving in the car, always use infant car seats and properly adjusted seat belts for older children.
- Babies will chew on almost anything. Keep them away from hard things that could crack their teeth.
- Children fall a lot when they are learning to walk. Check for missing teeth, breaks, cracks or loose teeth and take your child to the dentist if you see any of these signs.