



Dental Emergency!

Keep this in an easy-to-find place, along with other first-aid information

Toothache

- Rinse mouth with warm water.
- Use dental floss to remove any food trapped between teeth.
- If there is swelling, apply cold compresses to the outside cheek.
 - **Do not** use heat or place aspirin on aching teeth or gums.
 - See a dental professional as soon as possible.

Knocked-out Tooth

- Apply direct pressure to the bleeding area for about 20 minutes.
 - Go to your dental professional immediately.
 - Gently rinse the tooth in warm water for a second or two.
- If a permanent tooth, gently insert into socket or if this is not possible, place tooth in cold milk or the patient's saliva and bring it with you to the dentist.

Broken Tooth

- Gently clean dirt or debris from the area with warm water.
 - Apply cold compresses to face to minimise swelling.
 - Go to your dental professional immediately.

Bitten Lip or Tongue

- Apply direct pressure to the bleeding area with a clean cloth.
 - If swelling is present, apply cold compresses.
- If bleeding continues, go to your dentist or a hospital Accident and Emergency department.

Dentist/Hospital Info



Five steps to a Bright Smile

A smile can last a lifetime if you take care of it.

Help your child to follow these easy steps to keep teeth healthy!

- 1 **Brush at least twice a day, especially after eating breakfast and before bedtime.**
- 2 **Use fluoride toothpaste.**
- 3 **Limit the number of times you eat snacks each day.**
- 4 **Have regular dental checkups. Don't wait for a problem.**
- 5 **Eat a healthy, balanced diet and drink tap water.**

Remember, oral health is important for overall health. Poor oral health can lead to difficulty eating, sleeping, pain and poor self esteem. By following these easy steps, you can help your child's smile last a lifetime!

Dental Practice Info

INM1143860/0221

Welcome Oral Health Heroes!



A guide to looking after your child's oral health

Did you know that most dental disease can be prevented?

Helping your child develop good oral health habits will go a long way to ensuring their smiles last a lifetime.

Go to www.colgateprofessional.com.au for more information

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Oral Health Essentials

Begin your child's oral care at infancy. Starting early will help them avoid problems in the future.

Infants

- Baby teeth are important! They save space for permanent teeth allowing them to grow in straight.
- Do not put baby to bed with a bottle or expose baby to sugary drinks as this can lead to a serious disease called Early Childhood Caries.
- Start cleaning baby's teeth as soon as they appear. Use gauze or a washcloth.
- The first dental checkup should be soon after baby's first birthday.
- Use an age-appropriate toothpaste.

Kids

- Supervise your children's brushing until at least 8 years of age.
- Brush children's teeth twice a day, for two minutes each time, especially before they go to bed.

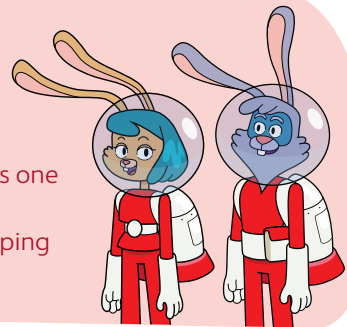
Adults

Show your child the importance of taking care of their teeth by taking care of yours!

- Brush with your child.
- Floss your own teeth daily.
- Have your regular dental checkup at the same time as your child.

Brushing Removes Plaque

- Plaque is a constantly growing buildup of bacteria. If not removed, it can produce acids that lead to tooth decay (cavities).
- Proper brushing with fluoride toothpaste is one of the best ways to stay decay free.
- Fluoride strengthens the tooth enamel helping to prevent tooth decay.



Oral Health Heroes Brush Better, Floss Better

Always brush teeth and gums with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime. Remember to floss daily.

Brush Better



Place the toothbrush at a 45-degree angle towards the gumline. Use gentle, short strokes, moving the brush back and forth against the teeth and gums.



Brush the inside surface of each tooth in a similar way.



Brush the chewing surface of each tooth.

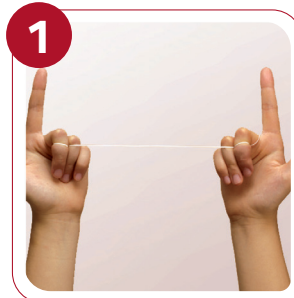


Use the tip of the brush to brush behind each front tooth, both top and bottom.



For fresher breath, don't forget to brush your tongue!

Floss Better



Take about 45 cms of floss and loosely wrap most of it around each middle finger (wrapping more around one finger than the other), leaving 5 cms of floss in between.



With the thumbs and index fingers holding the floss, gently slide it down between your teeth, while being careful not to force it down on the gums.



Curve the floss around each tooth in a "C" shape and gently move it up and down the sides of each tooth, including under the gumline. Unroll a new section of floss while moving from tooth to tooth.

