

# SOUTHERN MAINE PEDIATRIC DENTISTRY



## SUMMER NEWSLETTER

### DENTAL EMERGENCIES & INJURIES

Summer has arrived and the sun has returned. Finally! And with it, we are all feeling a renewed energy and desire to be outside. Consequently, we have seen an increase in dental emergencies lately. Those dental emergencies have included things like fractured or chipped teeth, movement of the teeth within their socket, avulsion (loss of the whole tooth from the socket), changes in color of the teeth, pain, or cuts to the gums cheeks and face. Given the increase in calls to the office, I wanted to provide you with a couple of tips to help in prevention and the treatment of dental emergencies.

- If playing in organized contact sports, make sure that your child wears his/her mouthguard.
- Always use a car seat for young children. And require everyone else in the car to wear their seatbelt.
- Childproof your home to prevent falls, electrical burns, or choking on small objects.
- Protect your child from unnecessary toothaches with regular dental visits and preventative care

If your child suffers from an oral injury:

- If your child's tooth is knocked out, please call the office immediately. If it is a PERMANENT TOOTH, find the tooth and rinse it gently in cool water. (Do not scrub it or clean it with soap -- use just water!) If possible, replace the tooth in the socket and hold it there with clean gauze or a wash cloth. If you can't put the tooth back in the socket, place the tooth in a clean container with milk, saliva, or water. Get to the pediatric dental office immediately. (Call the emergency number if it's after hours.) The faster you act, the better your chances of saving the tooth.

- Other reasons to call the office, include but are not limited to: chipped or fractured teeth, facial swellings, pain.
- If your child receives an extensive blow to the head, please report to your local emergency room for assessment.

Remember that dental injuries require immediate attention and an appropriate response. An exam and xray may be needed to evaluate the extent of the injury. Should your child suffer from a traumatic injury, please call our office to make an appointment. Although we do not have set "emergency time", every effort will be made to see your child in a prompt manner. Most emergencies can be seen the day they are reported to us. When you call to make the appointment, you will be asked to provide us with some pertinent information: synopsis of incident (time, place, extent of injury); medical history, immunization status, level of discomfort, etc).

We hope that everyone gets out there and has a wonderful and safe summer. See you at the office!

~Dr Whitney

### CLOSINGS

The office will be closed on the following dates:

Monday, August 10<sup>th</sup> – Friday, August 14<sup>th</sup>

Monday, September 7<sup>th</sup>



## STAFF CORNER

- Congrats to Mary on her graduation from USM!
- Sheryll has become a Red Sox fan & is expecting her first grandchild in August!
- Brandy is excited about her upcoming family trip to New Mexico!
- Alana & her husband celebrate their 1yr anniversary in September!
- Keelan moved to Portland & now has a short drive to work!
- Kylie & her husband are searching for their 1<sup>st</sup> home!
- Dr Whitney & Simon are expecting their second boy in August!
- Abigail is excited about her sister moving closer to home!
- On September 2<sup>nd</sup> we will attend the Seadogs Game!

## SIPPY CUP TIPS

To help parents reduce the risk of cavities in children, the American Academy of Pediatric Dentistry offers parents the following guidelines on using sippy cups properly:



The sippy cup is a training tool to help children transition from a bottle to a cup. It shouldn't be used for a long period of time.



Unless being used at mealtime, the sippy cup should only be filled with water. Frequent drinking of any other liquid, even if diluted, from a bottle or no-spill training cup should be avoided.



Sippy cups should not be used at naptime or bedtime unless they only have water in them.

## MOUTHGUARDS

Summer sports camps are here with fall sports not far off. We have seen a rise trauma related dental injuries. Have you thought about getting a custom mouthguard to protect your child's teeth, lips, cheeks, and gums? They do cost a bit more but are more comfortable and more effective in preventing injuries! Ask the front desk to set up this easy 30 minute impression appointment!

## PERINATAL & INFANT ORAL HEALTH GUIDELINES

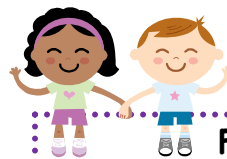
**Xylitol Gum:** Recent evidence suggests the use of xylitol chewing gum (4 pieces a day by the mother) can decrease a child's caries rate.

**Education:** Parents should avoid sharing utensils, food and cups with their children. This can help prevent the transmission of cavity-causing bacteria.

**Routine Care:** Routine professional dental care for the parents can help keep their oral health in optimal condition.

**Oral Hygiene:** Tooth brushing & flossing on a daily basis are important for the parent to reduce bacterial plaque, which research has linked to preterm, low-birth weight babies.

**Perinatal Dental Care:** Proper dental care during the perinatal period may help prevent preterm & low-birth weight babies and is an important aspect of overall health for pregnant women-allowing them to enter delivery in optimal health.



## FAMILY FUN IDEAS

- July 25<sup>th</sup>: Festival of Nations, Deering Oaks Park
- July 26<sup>th</sup>: Maine Farm Day, Shaker Village
- August 9<sup>th</sup> -15<sup>th</sup>: Topsham Fair
- August 21<sup>st</sup>-23<sup>rd</sup>: Great Falls Balloon Festival