

PLAY IT SAFE WITH YOUR SMILE

Every year, sporting accidents cause broken teeth and injury to children's mouths. Mouth protectors help prevent injury to teeth and lips during sports such as ice and field hockey, baseball, basketball, soccer, lacrosse and rugby.

Adults can be good role models by wearing helmets and mouth guards to prevent sports injuries and encouraging children to do the same.

Mouth guard kits are available at sporting goods stores for under \$20.00. Ask the store about the best guard for the particular sport. These mouth guards are quick and easy to fit, but are not suitable for use over braces or other oral appliances. For a custom fit mouth guard, contact your dental office.

Accidents can happen. If a tooth is knocked out, there may be blood. This is upsetting to the child and the adult attending to the emergency. Reassure the child, take a deep breath yourself, then:

- ◆ Find the tooth if possible, hold by the crown and place in milk or water
- ◆ Rinse the mouth with warm water and apply cold compress
- ◆ Call a dentist immediately

Play it safe with your family's smile.

For more information contact:

- ◆ VIHA Child, Youth and Family Community Health Dental:

Victoria	250-519-5100
Esquimalt	250-519-5311
Nanaimo	250-739-5845
Port Alberni	250-731-1315
Courtenay	250-331-8526
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Toll Free	1-800-663-7867