

The Mouth Matters: Important Health Tips for Safe Playtime FunEveryday®

Recess | Holidays | Vacation | Sports

<div></div> <div><p>MOUTH PROTECTION — Use of mouth guards are proven to reduce the risk of sport-related dental injuries. Mouth guards are recommended to protect the mouth, gums and teeth. It is essential that a mouthguard is worn by everyone with or without braces, when playing contact sports, or when participating in sport activities with high fall risk, including, but not limited to:</p><ul style="list-style-type: none">✓ Contact sports such as football, basketball, hockey, soccer, or boxing.✓ Sport activities with a high fall risk such as gymnastics, biking, roller skating or ice skating.</div>	<div><p>LIP PROTECTION** — Wearing lip protection (balm) with a sun protection factor (SPF) of 30 or higher is recommended to protect the skin barrier. It is important to safeguard the lips from the sun, and dry air during spring and summer; from cold air and the chilling wind during the fall and winter. Dry, tight lips and mouth may be one of the first signs of dehydration. Therefore, the American Academy of Dermatology (AAD) recommends applying lip balm every 2 hours while outdoors and drinking plenty of fresh water. Chapped lips can become inflamed, and a dry mouth can increase the risk of tooth decay.</p></div> <div></div>	<div><p>HEAD PROTECTION — Headgear protection is recommended to protect the head, jaw, mouth and teeth when riding bicycles and playing contact sports. Headgear protection is recommended when participating in activities that include the use of arrows, balls, clubs, disc, rackets, sticks, and swords.</p><p>*Note: In some states headgear or helmet protection is required when riding bicycles in public spaces.</p><p>* State Bicycle and Pedestrian Coordinator — Bicycle and Pedestrian Program — Environment — FHWA</p></div> <div></div>
<div><p>EYE PROTECTION — The American Academy of Ophthalmology (AAO) recommends wearing the right kind of safety glasses during risky activities. Safety goggles are recommended to protect the eyes from impact, dust and splashes. Tinted sport goggles and safety glasses protect the eyes from bright light, high heat, sunburn and glare.</p></div> <div></div> <div><ul style="list-style-type: none">✓ Eye protection should meet the specific requirements of that sport.✓ Regular eyeglasses do not offer proper eye safety protection.✓ Proper wear can also help to protect the face and teeth.</div>	<div></div> <div><p>SLIDING BOARD SAFETY — It is safest to slide down the sliding board feet first, and while also sitting up. Never slide down head first into pools or on playground sliding boards. Never slide down on your back or stomach. Immediately move away from the end of the slide as soon as you reach the bottom. Do not attempt to climb up the slide. Always use the steps to go back up to slide down again. This can help to prevent injury to the head, neck, mouth, face and teeth.</p></div>	<div><p>BRUSH FLOSS SMILE (BFS) — Maintaining good oral hygiene can help prevent gum disease and painful tooth decay. Remember to pack the <i>defense trio</i> — dental floss, toothbrush, and toothpaste for the best defense against tooth decay. Be sure to cleanse your mouth and keep your teeth clean, whether traveling to camp, abroad or visiting grandparents.</p><p>A fluoride mouth rinse is good to have available too. Remember to never use anyone else's toothbrush.</p></div> <div></div>
<div><p>SWIMMING POOL DENTAL HYGIENE — Immediately brushing teeth after swimming can be harmful, because the enamel surface is softened by the acidic chlorine and may be more easily brushed away. Protect your teeth after swimming in chlorinated water by waiting one hour before brushing with a fluoride toothpaste. During this one hour wait time, saliva will dilute away the chlorine acids and the enamel hardens. Simply rinsing with fresh water, baking soda, or fluoride mouthrinse immediately may help return the oral cavity to a neutral pH, decreasing the risk of acid erosion.</p></div> <div></div>	<div><p>CONFECTIONERY ETIQUETTE & SAFE CONSUMPTION — The summer vacation months are no exception when it comes to responsibly consuming confectioneries or candy, and sugary snacks and beverages. Families should always enjoy desserts and sweet treats in moderation as recommended by dentists, physicians and nutritionists. Sweet treats should be 10% or less of the daily calories intake. This will help protect dental health and colon health. Ways to indulge without compromising health goals, include enjoying:</p><ul style="list-style-type: none">✓ Popsicles, snow cones, and smoothies instead of sugar-sweetened, juices and fructose-sweetened carbonated sodas.✓ Instead of artificially flavored juices try fresh fruits and fresh cut vegetables, like apples and carrots which can help to remove food debris from the teeth.✓ Sugar-free candies and dark chocolate instead of gummies, goodies, and jellies.</div> <div></div> <div><p>Remember to never run and play with candy or any foods in your mouth to prevent choking. Taking small bites, and cutting foods into smaller portions is equally important. Chewing slowly and not speaking with food in your mouth promotes safe eating behaviors, and encourages better digestion. When eating ice creams, candy or foods on a stick remain seated to prevent injury to the lips, mouth, teeth, tongue or throat.</p><div></div></div>	
<div><p>DRINKING WATER LOGICS — It is important to consume the age-recommended amounts of fresh drinking water daily. Eat foods with high water content. Add fresh berries or fruit slices to give flavor and make water more nutritious and exciting. Keeping water intake consistent can help the body to remain hydrated, and protects the skin, lips, mouth, and teeth.</p><p>Drinking water can help to rinse food debris from teeth and gums between flossing and toothbrushing. Water with fluoride can reduce the risk of tooth decay.</p></div> <div></div> <div><p>Electrolyte-rich coconut water (with no added sugar) can support saliva production and oral pH balance in hot and cold weather conditions.</p></div>	<div><p>DESIGN & DINE DENTAL HEALTHY</p><p>It is important to help children and families make good meal and snacks choices. Summer break is a good time to create ways to design nutritious recipes and dine on dental healthy foods. Check out these fun ideas and more for lunchtime meals, parties foods or holiday refreshments, These DESIGN & DINE DENTAL HEALTHY activities could help to reduce appetites for candy sugar-sweetened beverages. Inspire children and families to eat increasingly healthy. Visit www.eatright.org.</p></div> <div></div> <div><ul style="list-style-type: none">✓ Ants on a Log✓ Dolphin Bananas✓ Veggie Sticks & Dip✓ Fruit Taco✓ A-to-Z Doozie Smoothie✓ Guacamole & Tortilla Chips✓ Watermelon Lady Bugs✓ Chic Sandwiches✓ Sassy Soups and more</div>	
<div><p>MOUTH EMERGENCIES & MANAGEMENT STEPS: NOTIFY YOUR PRIMARY CARE DENTIST</p></div> <div></div> <div><p>TRAUMA — While thrilling summer fun is happening on the field, in the sand, or in the pool, accidents can happen. Notify the primary care dentist immediately and prepare to go into the office or clinic following any dental trauma to the mouth or teeth. The dentist will provide guidance on immediate next steps.</p><p>Depending on the extent of the trauma, it may be explained how to protect the chipped tooth, reposition a dislocated tooth or reimplant a tooth that has been knocked out. This link helps to support this standard dental medicine guidance for these type of traumas, <i>Saving Smiles: 3 Steps To Handle Dental Trauma In Children</i> — THP Dental.</p><p>Teeth that have been fractured or knocked out (avulsed) can be stored for a short time in milk or water. The dentist will determine if further efforts will save the tooth or teeth. It is a good idea to have a <i>Save-A-Tooth Preservation Kit</i> along during recreational and sporting activities. Use could also help to prevent permanent tooth loss. Keep it in your car, or in a sports travel bag. Request the coaching staff consider including these supplies in the team First Aid Kit.</p><p>SWELLING — Notify the primary care dentist immediately. Be prepared to limit pain and swellings to the mouth and teeth by cautiously applying a cold compress or towel to the injured area. Instant Cold Packs can be used as directed to reduce discomfort and swelling of the lips, mouth, and face.</p><p>TOOTHACHE — Notify the primary care dentist immediately. Swish once or twice with 1 teaspoon of salt mixed in 1 cup (8 oz.) of warm water for about 30 seconds. Warm water can help to ease dental pain, and salt helps to reduce the swelling in gum tissue temporarily.</p><p>ORTHODONTIC APPLIANCES — Families with children wearing orthodontic appliances or braces should:</p><ul style="list-style-type: none">✓ Immediately notify the treating dentist in the event of a loose wire, broken or loose bracket.✓ Carry orthodontic wax as recommended by orthodontist to temporarily stabilize a bracket or wire.✓ Remember to avoid sticky treats like taffy or caramel apples, which can damage brackets.</div>	<div></div> <div></div> <div></div>	