

ORAL HEALTH NEWSLETTER



SPRING 2016

FROM THE OFFICE OF DR. MICHAEL LEACH

Lori Office Administrator



Lori grew up in Las Vegas, NV but has called Georgia home for twenty years. She has worked in the dental profession for several years and really enjoys getting

to know the families in our practice. In her spare time you will find her spending time with her children and grandchildren, going to concerts, plays, horse shows, sporting events and shopping.



PINEAPPLE ORANGE BANANA GREEN SMOOTHIE

(Yield: 1 large smoothie)

INGREDIENTS

- 1 handful spinach
- 1 frozen banana
- 1 cup frozen pineapple chunks
- ¼ cup mandarin orange segments (fresh or canned in their juices)
- 1 cup milk (dairy, almond, coconut, rice, etc.)
- ½ Tbsp chia seeds

Put all in blender and mix until preferred consistency.

*Optional: additional ice for texture

Accidents Happen - Tips for common dental emergencies

When you have a dental emergency, it's important to contact your dentist or an emergency room as soon as possible.

Broken Tooth

Rinse the mouth with warm water to keep the area clean. Put cold compresses (like an icepack or a washcloth with ice wrapped inside) on the face to reduce swelling. Contact the dentist right away. If you can find the broken tooth fragment, bring it with you to the dentist. Wrap the tooth piece in some wet gauze or a wet towel if possible.

Knocked-Out Tooth

Baby Tooth - If something happens to any of a child's primary teeth, or "baby teeth," you should take your child to the dentist as soon as you can. If a tooth is completely out, do not try to insert it back in the socket. Although it is normal for children to lose primary teeth, an accident that damages a primary tooth could also harm the permanent "adult" tooth underneath.

Adult Tooth - A baby tooth should not be implanted back in the mouth, but a permanent tooth should. Hold the tooth by the crown, and if it is dirty, rinse the root with water. Do not scrub the tooth or remove any attached bits of tissue. If possible, gently insert and hold the tooth in its socket with a clean wash cloth or gauze. If this isn't possible, or if the child cannot safely hold the tooth in his/her mouth, put the tooth in a container with milk, saliva, or water. Take your child to the dentist as quickly as you can. Don't forget to bring the tooth and any tooth pieces you can find!

Bitten Tongue or Lip

Clean the area gently with a cloth and place cold compresses (like an ice pack or a washcloth with ice wrapped inside) on the area to keep swelling down. If there is a lot of bleeding or if it doesn't stop after a short period of time, take your child to a dentist or an emergency center.

Objects Caught Between Teeth

Gently try to remove the object with dental floss. If that does not work, go to the dentist. Do not try to remove the object with a sharp or pointed instrument.

Toothache

Rinse the mouth with warm water to clean it out. Give your child what you would normally give him/her for pain. Do not put aspirin on the aching tooth or gum tissue. Take your child to the dentist as soon as you can.

Possible Broken Jaw

Apply cold compresses (like an ice pack or a washcloth with ice wrapped inside) to control swelling. Take your child to the dentist or an emergency center right away.

Here are some simple precautions you can take to avoid accident and injury to the teeth:

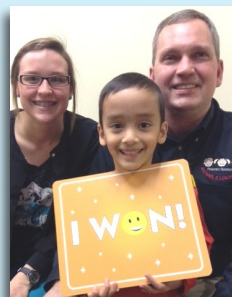
- Wear a mouth guard when participating in sports or recreational activities.
- Avoid chewing ice, popcorn kernels and hard candy, all of which can break teeth.
- Don't use your teeth as tools!



Our Most Recent Contest Winners



Kendall won an iTunes gift card



Jayden won a gift card to Main Event



Chris won a Falcon's jersey & tickets to the College Football Hall of Fame

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