



PERMANENT TEETH ARE HERE!



Preventing Cavities in your teeth for life --- *HEALTHY DIET* and *CLEAN TEETH*

HEALTHY DIET CHOICES

- 1) Limit juice, sodas and sports drinks (even sugar free drinks are a problem because of their ACID content) ****ACID causes CAVITIES**** --- try not to drink more than ONE CUP of these poor choices and drink them during a meal. WATER and MILK are better choices for strong teeth and bones. NEVER swish soda or sports drinks !
- 2) Avoid sticky candies (Starbursts, Skittles, Fruit Snacks, Gummies, Gummy Vitamins, etc) --- chocolate that melts easily or ice cream are better choices. Sour candy is sour because it is rolled in acid powder! ****ACID causes CAVITIES****
- 3). Be careful eating granola bars or breakfast bars. They easily get caught between your molars and cause cavities if you are not flossing .

CLEAN TEETH



Keeping the new ones clean

- 1) Brush your teeth in the morning *after breakfast* and *before you go to bed* .
- 2) Floss every day between any teeth that are tight.
- 3) Use your tongue after you eat anything to make sure your teeth feel slick --- NOT FURRY especially after lunch or any snacks (SLICK = CLEAN and HEALTHY).

CHECK UPS every six months from age 6 until age 12 are very important to monitor the ERUPTION of your new teeth. Before age twelve, 28 permanent will grow in and replace your 20 baby teeth. You will need an X-ray called a PANOREX to make sure all of your permanent teeth are present and in the proper position. We need to make sure your baby teeth fall out at the right time.

WHAT ABOUT BRACES ? --- we evaluate your bite at every check up

BRACES at age 8 - a partial set of braces to align the front teeth

BRACES at age 12 - full set to align all the teeth





Permanent Tooth Trauma IMPORTANT INFO



PREVENT BROKEN or KNOCKED OUT TEETH

- 1) Wear a sports mouthguard for any contact sport.
- 2) Make sure your lower lip rests in front of your top incisors.

If your tooth is:

- 1) *BUMPED* but in the same position - call us!
- 2) *PUSHED OUT OF POSITION* - try to reposition it and call us!
- 3) *BROKEN* - if you can find the broken piece, please try and locate it and bring it with you so we can glue it back together.
- 4) *KNOCKED OUT* - locate the tooth.
REPLANT IMMEDIATELY --- DO NOT TOUCH THE ROOT !!
Handle the tooth by the crown part and insert it back into the socket and call us ASAP!

Dental Emergency (toothache, mouth pain or accident)

During clinic hours (8am-5pm) - call our office number 919-220-1416. After hours - page Dr. Keels at 919-970-1331.

