

FIRSTBITE DENTAL

Activity sheet

First Aid

Your friend has just accidentally knocked out one of their permanent teeth. Put the following steps that you should follow in order:

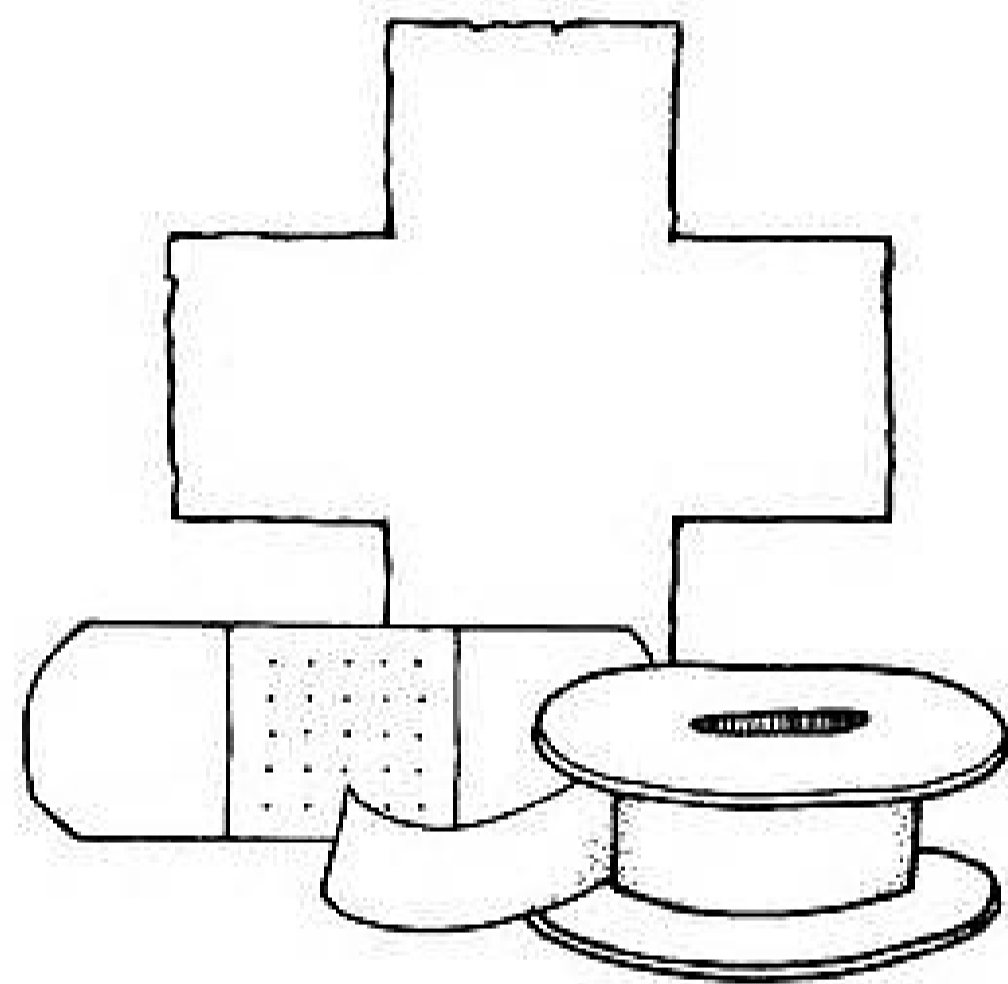
___ Get to the dentist as quickly as possible with the tooth

___ Don't touch the roots of the tooth- carefully hold the tooth from the 'chewing/biting edge'

___ Rinse any dirt from your tooth and mouth with milk. DO NOT clean the tooth with alcohol or peroxide

___ Carry the tooth in a container, and cover with milk or saliva

___ Try to reinsert the tooth, hold in place by biting down gently on gauze, or a wet tea bag.



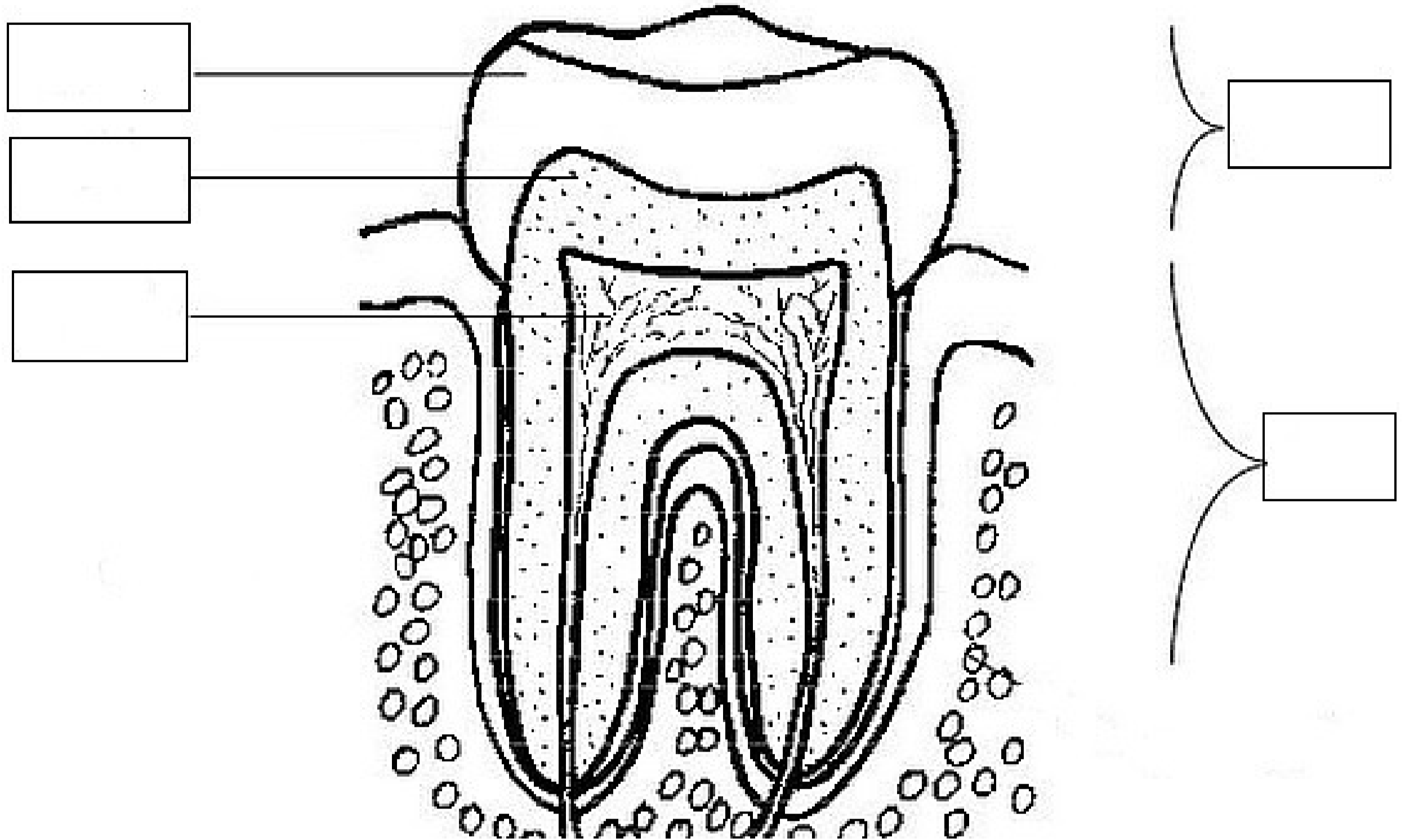
Oral Health

Write down three things we can do to keep our teeth healthy:

- 1.
- 2.
- 3.



Tooth Anatomy



Mouthguards

Mouthguards fitted professionally by a dentist are 82% more effective in preventing dental injuries, compared to chemist or supermarket bought mouthguards, which only prevent up to 40% of injuries. Prevention is far better than cure. A properly fitted mouthguard made by your Firstbite dentist is the best form of protection. These mouthguards fit firmly, which facilitates breathing and talking. There is also less chance of the mouthguard falling out at the crucial time as it is made to fit the shape of your mouth.

WORDSEARCH



- BRUSH
- CLEAN
- DENTIST
- FLOSS
- GUMS
- HEALTHY
- MOUTHGUARD
- SMILE
- TOOTH
- TOOTHBRUSH
- TOOTHPASTE