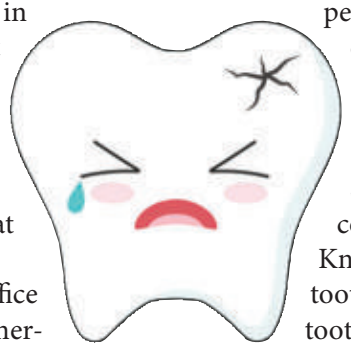
February is National Children's Dental Health Month

Don't delay DENTAL CARE

Are you prepared for a dental emergency?

Thousands of dental emergencies—from injuries to a painful, abscessed tooth—take place every day. Would you know what to do if your child broke a tooth or had a tooth knocked out while playing outdoors? What if you had a bad toothache in the middle of the night and couldn't get to the dentist until the next day? Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.



Keep your dental office phone number and an emergency number where the dentist can be reached after hours with other emergency numbers, such as your family doctor, and fire and police departments. Some families post these numbers on the refrigerator or inside a kitchen cabinet door near the phone. Call the dentist immediately for instructions on how to handle a dental emergency.

Toothache: Rinse the mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to remove any food or other debris that may be caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth. This could burn gum tissue. If the toothache persists, try to see the dentist. Don't rely on painkillers. They may temporarily relieve pain but your dentist should evaluate the condition.

Knocked-out (avulsed) tooth: Try to find the tooth! This may not be as easy as you think if the injury took place on a playground, basketball court or while skateboarding, so try to stay calm. Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments. If it's possible, gently insert and hold the tooth in its socket while you head to the dentist. If that's not possible, put the tooth in a cup of milk and bring it to the dentist. Time is critical for successful reimplantation, so try to get to your dentist immediately.

Broken tooth: Rinse your mouth with warm water to clean the area. Use cold compresses on the outside of the cheek to help reduce the swelling.

Tongue or lip bites or wounds: Clean the area gently with a clean cloth and apply cold compresses to reduce any swelling. If the bleeding can't be controlled, go to a hospital emergency room or clinic. You may be able to reduce bleeding from the tongue by pulling it forward and using gauze to put pressure on the wound.

Objects caught between teeth: Try to gently remove the object with dental floss. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object with floss, contact your dentist.

Possible broken jaw: Apply cold compresses to control swelling. Get to the hospital emergency room immediately.

Source: American Dental Association.

Take Better Selfies

Alan W. Jones, DMD
731-479-1108
509 Broadway Suite 100 • South Fulton, TN
Pictured L to R: Candice Slater, Office Mgr., Amy Wiggins, Hygienist, Dr. Alan Jones

NOW WELCOMING NEW PATIENTS
MARTIN Dental Center
Dr. Amy Theriac Duncan
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Martin, Tennessee 38237
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Comprehensive Dental Care
Family Block Appointments
All Ages Welcome
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Cosmetic Whitening
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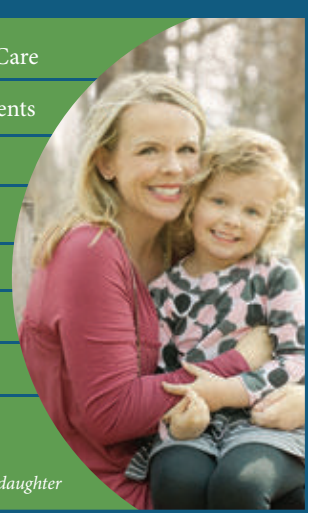
Insurance Friendly
Emergencies ASAP



Pictured: Dr. Duncan with her daughter

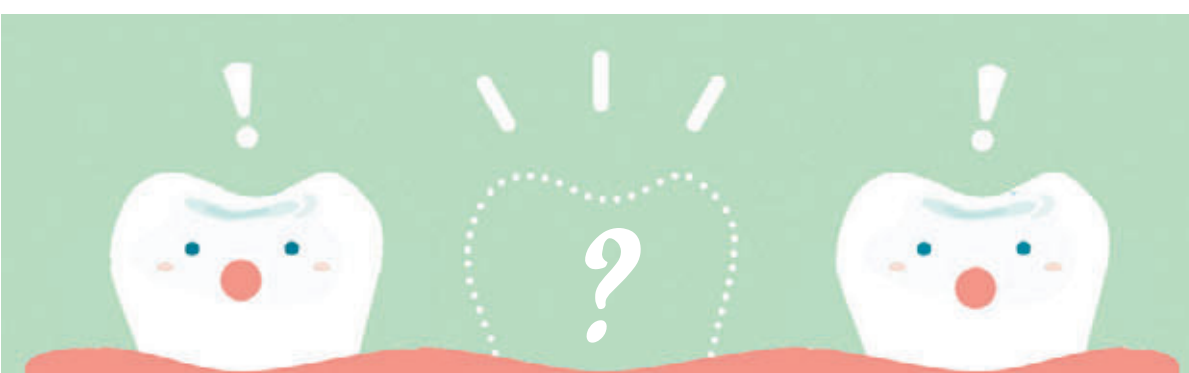
Treating Patients through their lifespan!

"We strive to treat each patient as we would our own family"
SULLIVAN Dentistry
1007 E Reelfoot Ave • Union City, TN 38261
(731) 885-2277 easytoseedentist.com

GROW UP SMILING!
Dr. Johnny Miller and his entire staff are committed to providing each and every patient with comprehensive, compassionate dental care designed for the entire family.
Miller FAMILY DENTAL CARE
Monday - Thursday 8:00 am to 5:00 pm
1209 Russell Street / Union City, TN 38261
Ph: (731) 885.0851

give your child a happy smile

The American Academy of Pediatric Dentistry states that children should see a dentist when they get their first tooth and no later than 1 year.
TRAVIS D. SHUMATE, DDS
#2 Bishop Centre • 1117 "S.Miles" Ave
Union City, TN 731-885-4404



ENTRY FORM

Name .....

Age .....

Parents .....

School & Grade .....

Page Number .....

Phone # .....

Entry forms due Monday.
Winner will be announced in Wednesday's paper.

Employees & family members of WCP/UC Messenger not eligible to win.

Make It Snappy Snappy Tomato Pizza · Health Quest Center for Wellness · SONIC America's Drive-In · Aaron's · MARTIN Dental Center · SULLIVAN Dentistry · Alan W. Jones, DMD · The Messenger All The News While It's News UNION CITY, TENNESSEE · TRAVIS D. SHUMATE, DDS · Miller FAMILY DENTAL CARE