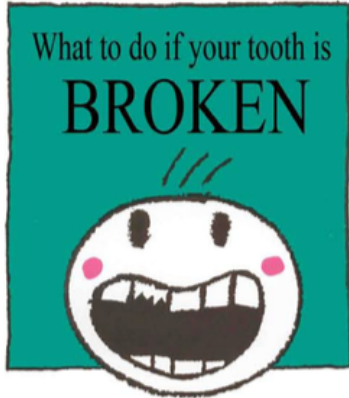




Save your tooth

Most of your permanent teeth may be saved if you know what to do after a blow to the mouth



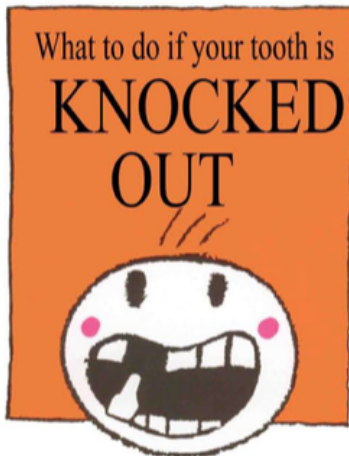
1 Find the piece of the tooth



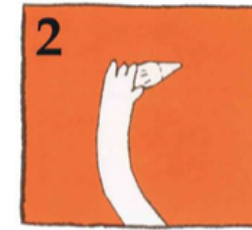
2 The piece can be glued on



3 For this to be possible, seek attention immediately from a dentist



1 Find the tooth



2 Hold it by the crown

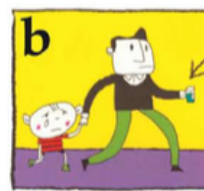


3 (plug the sink) Rinse in cold tap water

4 FOLLOW ONE OF THESE ALTERNATIVES



a Put the tooth back in its place



b Place the tooth in a cup of milk or saline



c When milk is not available, place the tooth in the mouth between the cheeks and gums



5 Seek immediate specialized dental treatment, within a two hour time period

WEST HOUSE DENTAL

020 8866 3025
westhousedental.com

2nd Floor, West House
50 West End Lane, Pinner, HA5 1AE





WEST HOUSE DENTAL

We are a private family dental practice set within Pinner Memorial Park (above Daisys Cafe).

Our aim is to provide exceptional dental treatment in a calming and relaxed environment.

RECOMMENDED FLUORIDE FOR CHILDREN



Under 3 yrs
1,000 ppm



3 - 6 yrs
1,000 to
1,450 ppm



7+ yrs
1,450 ppm

TOP TIPS FOR A HEALTHY MOUTH

Brush for two minutes twice a day

Spit don't rinse

Fluoride is your friend

Visit your dentist as soon as your first tooth appears