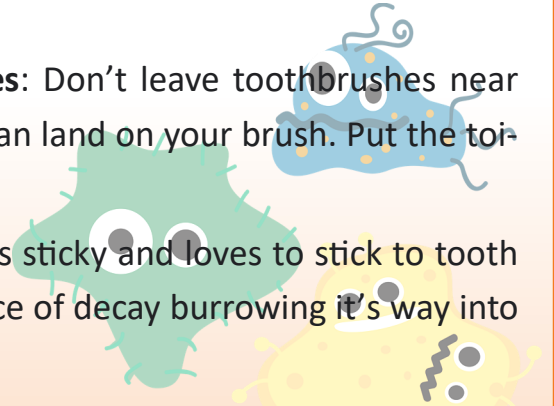


Follow these 8 Tips to AVOID a DENTAL EMERGENCY

1. **Wash hands before and after brushing and flossing**: This reduces the risk of spreading infection.
2. **Brush your teeth AND gums twice a day**: Healthy pink gums reduces the risk of gum disease, bone loss and smelly breath.
3. **Toilets and Toothbrushes are not stable mates**: Don't leave toothbrushes near the toilet or bathroom sink where water spray can land on your brush. Put the toilet seat down **before** flushing.
4. **Eat/drink less sugary foods and drinks**: Sugar is sticky and loves to stick to tooth structure. The less sugar you have the less chance of decay burrowing it's way into your pearly whites.
5. **Avoid hard, crunchy and sticky foods**: Beware, teeth that already have fillings are more fragile. Avoiding hard or crunchy foods lowers the risk of tooth fracture.
6. **Beware of Pitted Dried Fruit & Olives**: Even though the package may say 'pitted', don't be fooled. We have seen many a tooth split and fail due to a 'pitted' prune. **Beware and chew with care.**
7. **Think you have cracked a tooth?** Here is a simple test. Gently bite on a pop stick, if you feel pain when you bite or release, chances are, you have a cracked tooth. This can be a **painful** experience resulting in tooth **fracture, swollen face** or at worst, **septicaemia** (blood infection). **Avoid chewing** on it and **call us**.
8. **Pain when you have hot food/drinks**: If you experience pain to hot food/drink, it could be a sign that the nerve of the tooth is dying. This can result facial swelling and a lot of pain. **Call us immediately** for advice and direction on what to do.



At **Lidums dental**, we have a team of caring **Dental Professionals** on hand to take your call and help you decide on whether your dental problem should be dealt with sooner than later in order to avoid an unwelcome emergency.

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