

# Health & Wellness Tip of the Week

## Week 14 April 2, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield  
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Equal Opportunity Member of the Blue Cross and Blue Shield Association.

## Armed to the Teeth: Preparing for Dental Emergencies

No one expects to have a dental emergency. So knowing what to do before something happens could help you save a tooth or reduce harm. Be ready before a dental accident strikes:

- If you break a tooth, rinse your mouth with warm water, put a cold pack on the spot and call your dentist right away.
- For a lost tooth, don't touch the root. Rinse off (don't scrub) the root if it's dirty. Try putting the tooth back in the tooth socket. If you can't do that, put the tooth in a cup of milk and take it with you to the dentist at once.
- Use only dental floss to remove objects stuck between your teeth. See your dentist if that doesn't work.
- Always wear a mouth guard to protect teeth when playing sports. Being prepared is the best weapon to help reduce the impact of dental emergencies.

*Source: Academy of General Dentistry*

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