

SOME PEOPLE HAVE A HABIT OF CHEWING ON A PENCIL, A TOOTHPICK OR OTHER OBJECTS TO REMOVE TENSION. THESE ARE DANGEROUS HABITS THAT CAN BE HARMFUL TO YOUR TEETH AND GUMS.

IF AN OBJECT GETS CAUGHT BETWEEN YOUR TEETH OR YOU ACCIDENTALLY BITE INTO A FOREIGN OBJECT IN YOUR FOOD, YOU SHOULD BE PREPARED. KNOWING WHAT TO DO AND HOW TO HANDLE THE SITUATION COULD MEAN THE DIFFERENCE BETWEEN SAVING OR LOSING YOUR TOOTH.

THE FIRST STEP IS DON'T PANIC. CALMLY GO TO A MIRROR WITH GOOD LIGHTING AND TRY TO REMOVE THE OBJECT WITH DENTAL FLOSS. BE SURE TO FLOSS GENTLY AND SLOWLY TO AVOID CUTTING YOUR GUMS. DON'T USE ANYTHING THAT IS SHARP OR POINTED, THIS MIGHT CAUSE ADDITIONAL DENTAL PROBLEMS.

IF YOU CAN'T REMOVE THE OBJECT, SEE YOUR DENTIST IMMEDIATELY. HE OR SHE HAS THE EXPERIENCE AND PROPER INSTRUMENTS TO SAFELY REMOVE THE OBJECT.

FOR THE ADA DENTAL MINUTE, I'M DR. MARIA LOPEZ HOWELL.