



Crunch
on this!

Next time you are looking for something to snack on, crunch a carrot!

Carrots act as natural abrasives, stimulating your gums and eliminating sticky plaque from your teeth. They help keep your teeth clean after meals by triggering saliva to scrub stains on your teeth. The minerals found in carrots will also help kill germs in your mouth and prevent tooth damage.



Bad breath.

No one wants it. Many people are afraid they have it! Do you know how to reduce your chance of getting it?

Bad breath, medically labelled halitosis, can result from poor dental health habits and may be a sign of other health problems. Bad breath can also be made worse by the type of foods you eat and other unhealthy lifestyle habits.

If you simply brush, floss and get regular cleans from your Fab dentist you can avoid the number one cause of bad breath. Easy!

Fabdental news

Leanne joins the team

Dr Leanne Packer has recently joined the Fabdental team. Having worked in Brisbane, London, and most recently Vietnam, she brings a wealth of experience to the team.

Welcome back Annette!

We are happy to welcome back one of our Fab dentists, Annette Gareis. If you are one of her patients make sure you welcome her back with a big smile!

Our fab community

This year we have reached out to the community and are proud to have sponsored the following events:

- Bardon Kindy Fair
- Red Hill Kindy Fair
- Toowong Uniting Group — supporting outback communities
- Bridge to Brisbane
- Biggest Morning Tea — supporting Cancer Council

Fab on facebook

'Like' Fabdental on facebook to receive regular updates and info about our practice
www.facebook.com/fabdentalbrisbane



Practice information

Opening hours

Monday – Wednesday	8am to 6pm
Thursday	7.30am to 6pm
Friday	7.30am to 4.30pm
Saturday	8am to 3pm

Contact

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FAB DENTAL NEWS

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**We take pride in caring for
your family's dental needs**



fab dental



What to do if the unthinkable happens!

Nearly 50% of children will have some type of injury to a tooth during childhood.

When to seek help?

- If there is pain, tenderness, or sensitivity (to hot/cold or to pressure) in a tooth.
- If there is a broken, loose, or missing tooth (the tooth could have been inhaled or swallowed).
- If there is bleeding.
- If there is pain in the jaw when opening or closing.
- If there is difficulty swallowing or breathing.
- If the child is weak, numb, has blurred vision or slurred speech.
- If the child develops a fever ($\geq 38^{\circ}\text{C}$), or other signs of infection after the injury (localised redness, pus, increasing pain).

If a tooth falls out

1. Handle the tooth carefully by the top (crown).
2. Gently rinse the tooth to remove any debris. Do not scrub or sterilize.
3. Place the tooth by hand back into the socket.
4. Keep the tooth in place by biting softly on a clean towel.
5. See a dentist for treatment as soon as possible. (The likelihood that the tooth will survive is reduced the longer the tooth is out of the mouth.)

Treatment

Loose baby tooth — the tooth may be left in place or removed, depending upon the severity of the injury. Losing a baby tooth early does not typically affect the child's speech or the position of the permanent tooth.

Broken baby tooth — children with broken teeth should see a dentist promptly!

Loss of a baby tooth — don't place it back into the socket! Seek dental attention straight away.

Broken permanent tooth — the tooth can usually be repaired successfully. Broken teeth that are sensitive to hot or cold need to be treated urgently. Tooth fragments should be saved, if possible, and stored in tap water as they can sometimes be reattached.

Loss of a permanent tooth — this is a dental emergency! The tooth should be placed back into the tooth socket as soon as possible, ideally within 15 minutes and up to one hour (longer if stored in cold milk — see below).

There is pain — try applying ice to the area.

A non-prescription pain medication, such as ibuprofen or paracetamol (dosed according to the child's weight rather than age) can also be given.

The basic rule: if in doubt seek medical/dental attention!



If it is not possible to replace the tooth in the gums, the tooth should be stored in a container of cold milk. If cold milk is not immediately available then place the tooth in a container of the child's saliva.

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Reasons to visit your dentist



- So your dentist can check for problems that you might not see or feel.
- To find early signs of decay (decay doesn't become visible or cause pain until it reaches more advanced stages).
- To treat any other oral health problems (generally, the earlier a problem is found, the more manageable it is).

It is recommended that you visit your dentist twice a year for a check-up and clean.

Use it or lose it!

The end of the year is coming fast. Take advantage of your health fund before your benefit for the year finishes.



Tasty tooth mousse

Here at Fabdental we are excited about tooth mousse!

It is a revolution in the dental industry; tooth mousse remineralises areas which could potentially form holes and helps to prevent decay. It is also particularly useful if:

- you have root surface sensitivity or cold sensitive teeth
- you have a dry mouth caused by medications or illness
- you have just had your teeth whitened
- you are currently having orthodontic treatment or have just had your braces off.

Fabdental now has tooth mousse in the new flavours of melon, strawberry, tutti frutti, mint, and vanilla.

Next time you visit, be sure to ask one of the Fabdental team more about this exciting product. We love it!