

Healthy Smiles *for Norco*

Practical oral health advice for Norco families and businesses
A MONTHLY COMMUNITY ORAL HEALTH COLUMN BY DR. KEVIN Y. KIM, DDS
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Fall Sports Smiles 5 Ways to Help Prevent Dental Injuries This Season

As fall sports season begins, parents often think about schedules, gear, and practice—but dental protection can be easy to overlook.

A few simple habits can help lower the risk of injuries and help children stay active, comfortable, and confident all season long.

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*A protected
smile helps
young athletes
play with
confidence.*
”



1 Wear the Right Mouthguard

A properly fitted mouthguard helps protect the teeth, lips, cheeks, and jaw during sports. Children and teens should consider one for contact and high-movement activities, especially if they wear braces.



2 Check It Regularly

Mouthguards can wear down, loosen, or become damaged over time. Replace one that no longer fits well, has cracks or bite marks, or has simply been outgrown. Keep it clean after each use.



3 Think Beyond Football

Dental injuries are not limited to football. Basketball, soccer, baseball, softball, martial arts, skateboarding, and other active sports can also put a smile at risk.



4 Know What to Do

If a tooth chips or breaks, rinse the mouth gently and save any pieces if possible. If a permanent tooth is knocked out, hold it by the crown, place it in milk or saliva, and call a dentist right away.



5 Keep Contact Information Handy

Before the season starts, save your dentist's contact information so you know who to call if a dental injury happens.



If a dental injury happens

- Knocked-out permanent teeth need prompt attention.
- Seek urgent medical care for facial swelling, trouble breathing or swallowing, uncontrolled bleeding, or serious facial or jaw trauma.



About Dr. Kevin Y. Kim, DDS

Dr. Kevin Y. Kim has over 20 years of experience serving Norco families. He is a graduate of Loma Linda University School of Dentistry and a member of the ADA, CDA, and TCDS.



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