

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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Halloween Smiles

5 Ways to Help Prevent Toothaches, Broken Teeth & Dental Emergencies

A little planning can help Halloween stay fun without turning into a dental emergency.

1 Be Careful With Hard & Sticky Candy

Hard candy can put extra force on teeth, while sticky candy can pull on fillings or crowns. Chew carefully and avoid biting directly into unusually hard treats.

2 Avoid Snacking All Day

Enjoy treats at a defined time instead of grazing on candy for hours. Drinking water afterward can help rinse away sugar and food debris.

3 Brush & Floss Before Bed

After Halloween treats, brush thoroughly with fluoride toothpaste and clean between the teeth before going to sleep.

4 Don't Ignore Pain or Damage

If a tooth suddenly hurts, chips, breaks, or loses a filling or crown, avoid chewing on that side and have it evaluated.

5 Know When It May Be More Urgent

Seek prompt dental care for significant pain, a badly broken tooth, a knocked-out permanent tooth, or facial swelling.

A FAMILY TRADITION

Dr. Kim's Halloween Tip: Try the Switch Witch

Let kids choose a few favorite candies to keep. Leave the rest out overnight for the "Switch Witch," who swaps it for a small toy, book, game, or other surprise. It keeps the fun of Halloween while keeping a huge candy stash from lingering for weeks.

Seek emergency medical care for rapidly increasing facial swelling, trouble breathing or swallowing, uncontrolled bleeding, or significant facial or jaw trauma.



Presented by Hidden Valley Dental Group

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Not sure how urgent a dental problem may be?
Use the Dental Emergency Checker at HiddenValleyDentalGroup.com



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