



# How to Prevent Dental Injuries

You can help your child avoid dental emergencies. Child-proof your home to avoid injuries from falls. Always use car seats and seat belts. If your child plays contact sports, have him or her wear a mouth guard.

[Dental Emergency](#)

Updated On: November 27, 2024



You can help your child avoid dental emergencies. Child-proof your home to avoid injuries from falls. Always use car seats and seat belts. If your child plays contact sports, have him or her wear a **mouth guard**. Ask your dentist about creating a custom-fitted mouth guard for your child. Finally, prevent toothaches with regular brushing, flossing, and visits to our office.

## Contact Sports

If your child is playing contact sports like football, martial arts, and hockey, they should own a mouth guard that fits their teeth perfectly. If your child is young and just starting to lose teeth, their mouth guard won't fit over the course of a few months. And as they grow, their mouths will grow bigger too, requiring a new mouth guard every few years.

If your child has braces, **general fitting mouth guards** will work well while the braces do their work.

In contact sports, custom mouth guards work best. Plus, they'll be able to talk with custom mouthguards better. We can create a custom mouthguard after obtaining a quick impression. Please let us know if you have any questions!

## Child-Proofing Your Home

At a young age, falling and hitting their teeth is a common cause of dental trauma. Protect your child from spills and falls by child-proofing stairs and the patio. Then, add cushioning to chairs, corners, and bed frames. Accidents happen; but there's a lot you can do to make your home more comfortable and safe.

## In The Car

When we strap on our seat belts and help our children into their car seats, we're always thinking it's to protect us from the worst of crashes. However, if your child doesn't have their seat belt on, braking at low speeds can cause them to fall and hit their head on things around the cabin. Even the smallest of falls can chip or break a tooth. Always make sure your child has their seatbelt on and that they don't take it off themselves.

## Dental Hygiene

Create a morning and nightly routine with your children to teach the importance of flossing and

brushing their teeth. Great oral hygiene helps to keep teeth strong, making them less likely to chip, break, and decay.

## Regular Dental Visits

Many chips and minor things can go unfelt, which is why it's important to attend regular dental visits every six months. X-rays and dental exams can reveal any chips or decay due to a chip, which is always great to catch as early as possible.

## Schedule an Appointment

We can create a custom-fitted mouth guard for your child. Plus, we can answer any other questions you might have about protecting your child from bumps and falls. Schedule an appointment at one of our two offices using the button below. If you have any questions prior to the appointment, don't hesitate to give us a call!

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### Idaho Falls Location

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### Hours

**Mon** 8AM-5PM  
**Tues** 8AM-5PM  
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### Pocatello Location

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