

CAMP HILL, Pa. (June 9, 2022) — With the official start of summer just around the corner, United Concordia Dental provides tips to avoid some common dental emergencies that can occur with more fun-in-the-sun time.

In 2018, more than 200 million dental-related visits to the emergency department took place. Of those, 93% involved loss of teeth, diseased tissue within teeth and cavities.

“Frequently, dental emergencies can be addressed before they become urgent situations with proper preventive oral care,” said Roosevelt Allen, DDS, MAGD, ABGD, chief dental officer, United Concordia Dental. “A variety of summer activities and habits can put your oral health at greater risk, including chewing ice, playing an outdoor sport like soccer or spending time by the pool.”



Here are a few oral health recommendations to help you avoid dental emergencies in the summer:

- **Enforce pool safety.** Swimming pool mishaps like slipping on the deck or hitting the concrete edge are a common cause of dental emergencies. Setting and enforcing pool rules can help avoid potential hazards.
- **Be prepared with an oral first aid kit.** Wherever your summer adventures take you, keeping a dental emergency kit on hand can help you better manage possible accidents. Common kit items include pain reliever, a dental mirror for hard-to-see areas of the mouth, gauze to stop bleeding, an instant ice pack to reduce pain and swelling, oral saline solution to flush out wounds, a small container with a lid to transport any knocked-out teeth and your dentist’s general and emergency contact information.
- **Stay hydrated with water and not ice cubes.** Replacing ice cubes with water to help keep you cool will benefit your teeth. When ice is crushed between your teeth, it can result in microscopic damage to enamel where bacteria can enter, increasing risk for cavities and infection.
- **Use mouthguards when playing sports.** Sports injuries usually involve broken or chipped front teeth, fractured roots and cut lips. Wearing a mouthguard when playing contact sports can help prevent these accidents.
- **Make time for preventive oral care.** With all the fun summer can bring, it can be easy to lax on your regular routine. Make sure to brush and floss at least twice a day, regularly replace your toothbrush, consume less sugary foods and drinks, and visit your dentist.

For more oral health tips, visit the Oral Health Resources section at [UnitedConcordia.com](https://www.unitedconcordia.com).

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