

# How to Lose Teeth the Healthy Way



It can be tempting, once one of your children's teeth has come loose, to speed up the process and get it out right away. But that might not be the safest way to do it!



## Wide Movement is Key

When a tooth is moving easily and all around, without pain, it generally means that tooth is ready to make an exit.

## Do the Wiggle

When this is the case, encourage your child to use their tongue to gently wiggle it around – but only in ways that don't hurt – to help loosen it more.



## Use a Cloth or Tissue

If the tooth seems ready to come out, get a clean cloth or tissue and tug gently straight up or down depending on the tooth placement. If you can, avoid using your bare fingers, which may contain bacteria. If the movement hurts your child, or if the tooth is resistant, wait a little while longer to try again.



## Talk to Your Dentist

If you're not sure that the loose tooth happened naturally, or if it takes longer than two months for the loose tooth to come out, ask your dentist to take a peek. It may be the result of an oral illness or a physical accident.



## Reach for a Washcloth

Bloody gums tend to take longer to clot than other areas of the body, so be sure to have a clean washcloth or towel handy for when that tooth comes out. Have your child bite down on the washcloth or hold it against their gums until the bleeding stops. Sugar-free popsicles help too!

Learn more about how your oral health connects to your overall health at:  
**DeltaDentalMN.org**

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