



TIPS AND TRICKS SERIES

Lift the Lip: Check for Early Cavities

A quick monthly check of your young child's mouth can help prevent cavities.

Why it matters:

Finding problems early can make treatment easier and may even stop cavities before they need a filling.

What to do:

- Begin checking your child's mouth as soon as the first tooth appears.
- Gently lift the upper and lower lips to see all the teeth, especially near the gumline.
- Carefully check the front and back of the teeth if you can. A flashlight or your phone light can help.
- Repeat every month. It only takes about a minute and helps you notice changes early.

What to look for:

Healthy Teeth

- White or cream-colored
- Smooth and shiny
- Gums look pink and healthy

Schedule a Dental Visit If You See

- Chalky white spots near the gums
- Brown or black spots
- Holes, pits, or broken teeth
- Swollen or bleeding gums
- Bad breath that doesn't go away



Did you know?

- Chalky white spots are often the first sign of a cavity. When found early, they may be treated before a cavity forms.
- Don't wait for it to hurt. Treating dental problems early is usually easier, less expensive, and more comfortable for your child.