ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Lift the Lip: Check for Early Cavities

Checking your child's teeth once a month can help you spot early signs of cavities before they become more serious.

Why it matters:

Finding problems early can make treatment easier. Some early signs of tooth decay can be reversed before a hole forms.

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 gums.
- 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.

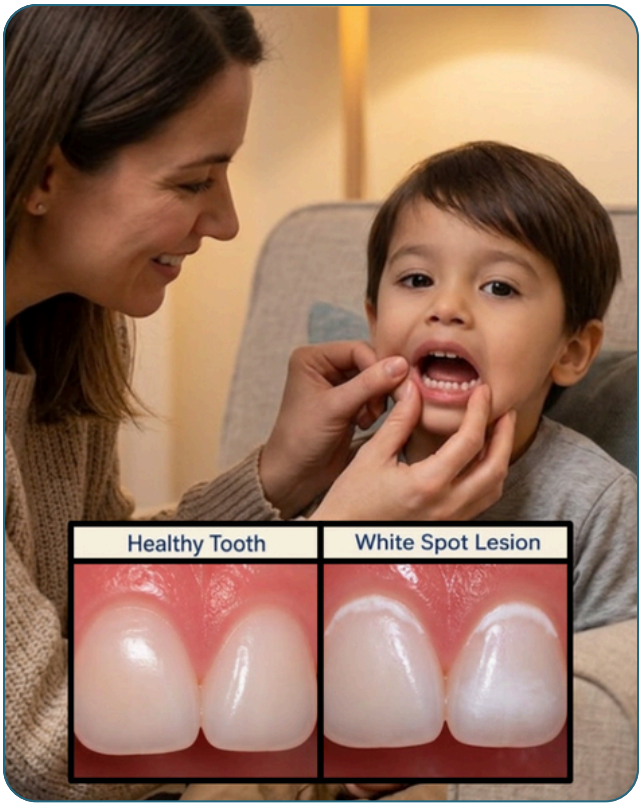
What to look for:

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



Don't Wait for Pain!

Chalky white spots near the gums can be an early sign of tooth decay. Finding them early may help prevent more serious damage.

More Healthy Teeth from the Start Tips & Tricks:

- They're Not "Just Baby Teeth"
- Toothpaste Tips
- Fluoride for Healthy Teeth