

# Oral Health Resources **For Children & Adolescents**



A Guide to Oral Health Services  
for Philadelphia's Children and Adolescents



A PUBLICATION OF:

**Philadelphia Citizens for Children & Youth**

## INTRODUCTION

Cavities are the most common preventable disease among children and is five times more common than asthma. Tooth decay has been called a “silent epidemic” by the U.S. Surgeon General, who stated that more than 50 percent of America’s children have tooth decay. Each year, children lose more than 51 million school hours due to pain and illness related to tooth decay.

The good news is that tooth decay is preventable and treatable by practicing good oral health habits at home and by seeing a dentist regularly.



In Philadelphia, there are many dentists and other oral health providers available to serve children. Look on pages 7 - 14 for a list and map of some of their offices.

For a more complete list of dentists, you can call your insurance plan for more information. The phone number is on your health insurance card.

**Medical Assistance is required by law to provide free dental care to all children insured by Medical Assistance.**

In Pennsylvania, children insured through the Children’s Health Insurance Program or CHIP also get dental care for free. Even without insurance, help is available.

## WHY DO I HAVE TO TAKE CARE OF MY CHILD'S BABY TEETH?

Baby teeth are very important! Baby teeth first appear at about 5 to 7 months of age. Most children will start losing their baby teeth when they are 5 or 6 years old. By 11 or 12 years old the last baby teeth will fall out. Baby teeth are replaced by permanent teeth. Baby teeth are important because:



- Baby teeth help your child chew and eat solid foods.
- When learning to talk, baby teeth help children pronounce different sounds and speak clearly.
- Baby teeth hold the space for the permanent teeth that follow after the baby teeth are lost. When baby teeth are lost too soon, other teeth may shift into that space, or the permanent teeth may grow in crooked or crowded.
- An infected baby tooth can destroy a developing permanent tooth.
- Healthy teeth are important for your child's appearance and self-confidence. Missing teeth, decaying teeth or bad breath can lead to your child getting teased by other children.
- Baby teeth are important to the overall health of a child. Mouth and tooth pain can disrupt sleep and keep kids from eating and drinking and they may stop growing. Untreated dental infection can result in illness and missing school.

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## HOW DO I TAKE CARE OF MY CHILD'S BABY TEETH?

Begin cleaning baby teeth as soon as they appear, and be sure to clean the gums too! Use a soft cloth or a child-size toothbrush to clean away food after every meal and at the end of the day. Using a soft-bristled brush and water,

move the brush back and forth gently and be extra careful around the tender gums - and don't forget to brush the tongue!



## WHEN SHOULD MY CHILD FIRST SEE A DENTIST? - AND HOW OFTEN AFTER THAT?

The American Dental Association recommends taking children to the dentist around their first birthday. This gives dentists an opportunity to spot the beginnings of tooth decay and teach parents how to care for their child's teeth. At the first visit, the dentist will help your child feel comfortable by allowing him or her to sit in the dental chair, touch certain instruments, and by counting teeth and completing a simple exam.

The best way to guarantee a healthy smile is to build a relationship with a dentist to care for your children. The American Academy of Pediatric Dentistry recommends a dental check up at least twice a year for most children. Your dentist can help you decide the best schedule for your child to follow.

## QUESTIONS YOU MAY WANT TO ASK YOUR DENTIST OR ORAL HEALTH CARE PROVIDER:

- How long have you been practicing?
- Can I schedule an appointment for my child so I don't have to miss work?
- At what age do you take x-rays? (X-rays should first be taken at 3 or 4 years old or sooner if the dentist sees any problems).
- How do you work with a child who doesn't sit still? (The dentist should discuss different options such as: tell-show-do, positive reinforcement, laughing gas, sedation in the office, or general anesthesia in the operating room).

## **HOW DO I GET DENTAL CARE SERVICES FOR MY CHILD?**

### **1) Get your child health insurance.**

Call Philadelphia Citizens for Children and Youth at 215-563-4828 x17 for help with insurance for your child. If your child is not eligible for health insurance, look at the list on pages 8-14 for places that accept uninsured children.

### **2) Contact a dentist or oral health provider in your neighborhood to schedule an appointment.**

See pages 8-14 of this guide for a map and partial list of dentists in the City. The list in this guide includes larger practices that accept Medical Assistance. To find other dentists, please call your HMO's member services. Their phone number is on your health insurance card or see pages 19-20 for the phone numbers.



## **WHAT IS TOOTH DECAY AND WHERE DOES IT COME FROM?**

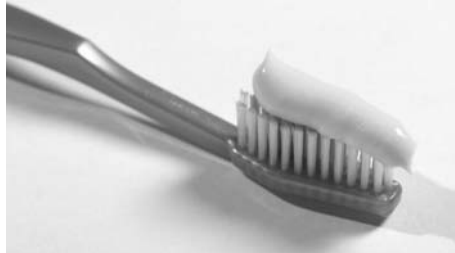
Tooth decay starts with bacteria or germs naturally found in the mouth. The bacteria form “plaque” - a sticky film that covers the teeth. These bacteria change the sugary and starchy food we put into our mouth into acids. The acids then cause tooth decay and can make holes in your child's teeth which are called cavities or caries.

## **WHAT ABOUT PUTTING MY BABY TO BED WITH A BOTTLE OF FORMULA, MILK OR JUICE?**

When your child is sleeping, the sugar in the bottle of formula, milk or juice collects around your child's teeth and can cause serious tooth decay. Most experts agree that babies should not go to sleep with a bottle of milk, formula or juice. Putting water in your baby's bottle while sleeping will not harm your baby's teeth.

## HOW CAN I HELP MY CHILDREN BRUSH THEIR TEETH?

Until your children are seven or eight years old, you'll need to help them brush their teeth. Use a soft toothbrush, and once your child turns two, use a pea-sized dab of fluoride toothpaste. Even when your children start brushing on their own, they will still need you to supervise until they turn 7 or 8. As long as you're standing there, why not pick up a brush and join your kids? Foaming at the mouth together is fun, and your children will pick up on your good habits!



**As long as you're standing there, why not pick up a brush and join your kids?**

## WHAT IS FLUORIDE?

Fluoride is a mineral added to Philadelphia's drinking water and is found in most toothpaste. Fluoride makes teeth stronger and helps slow the growth of bacteria that causes cavities.

The American Dental Association and the American Academy of Pediatric Dentistry don't recommend using fluoride toothpaste until your child is two years old, and then you should only use a pea-sized amount, making sure your child spits it out and doesn't swallow it.

## COULD MY CHILD BE GETTING TOO MUCH FLUORIDE?

Young children who swallow large amounts of fluoride toothpaste can develop fluorosis, which leaves harmless but unsightly white patches on teeth. Fluorosis only strikes teeth that are still forming under the gums, so it mostly affects children age between 6 months and 5 years. If you're careful about using only a pea-sized portion of toothpaste and make sure your child doesn't swallow, your child will probably not get fluorosis.

## DOES MY CHILD NEED TO FLOSS?

Children need flossing as soon as they have two teeth that touch together. Many children under 6 will need help. After your child's teeth are brushed, wrap the floss tightly around two of your fingers, and guide it between your child's teeth using a gentle rubbing motion.

## WHAT ARE DENTAL SEALANTS?

Dental sealants are thin, plastic coatings “painted” on the teeth that form a shield over your child’s back teeth that help prevent cavities. Getting sealants put on is a simple and painless procedure; they last up to 10 years. Most dentists will offer to put sealants on when your child’s back teeth or molars appear at around age six.

## WHICH SNACK FOODS ARE TOOTH-FRIENDLY?

The best snacks for a healthy mouth are low in sugar and starch. That's because sugar and starch mix with bacteria (germs) in your mouth to make acids. Over time, the acid eats away at the teeth, leading to tooth decay and cavities. Starchy and sugary foods like candy, soda, pretzels, crackers, and raisins are more likely to leave bits of food that stick to the teeth and make plaque.

The good news is that if you brush your teeth or even rinse your mouth after eating crackers, raisins, and other sticky snacks, you get the benefits of a nutritious snack and cut the risk of cavities.

### Mouth-Healthy Snacks

- carrot sticks and other raw vegetables
- plain yogurt
- cheese
- nuts (such as almonds and walnuts)
- fresh fruit (such as grapes, apples, oranges, bananas)

### Snacks to Avoid

- soda
- juice
- candy
- potato chips
- raisins and other dried fruits

# Where to Find Dental Health Centers



## **Key to Charts on Following Pages**

AC = Americhoice, HP = Health Partners, KM = Keystone Mercy, AT = Aetna, KHPE = Keystone Health Plan East  
Many of the practices also take private insurance. Call to see if they accept your plan.

\*\*The Elwyn Dental Clinic is scheduled to open in spring, 2007.

^These offices only provide services to individuals with special health care needs.

+Phoneline = District Health Centers provide translation for all languages via phone service.



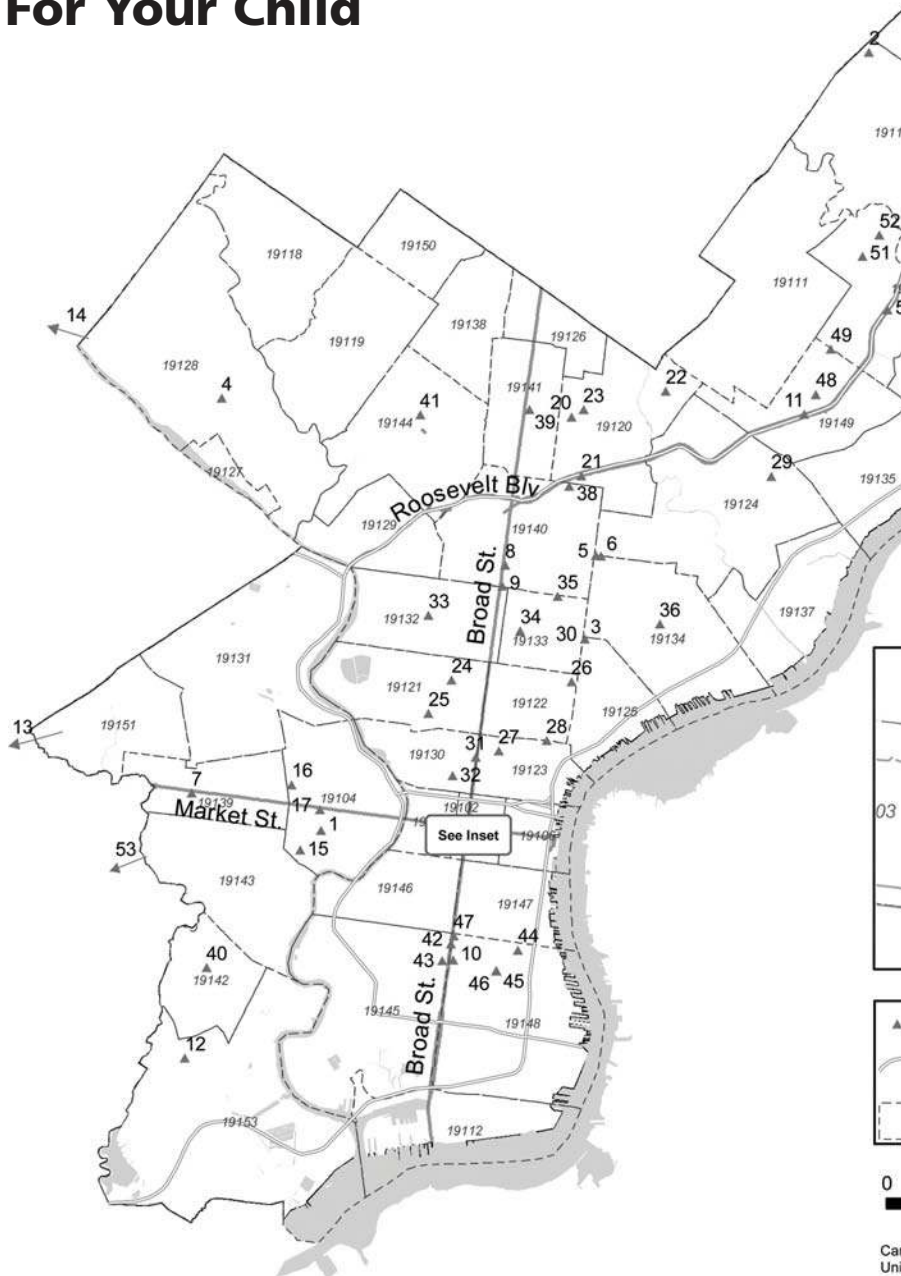
# WHERE TO GO FOR HELP

No.	Name	Address	Phone #	Insurance Plans*					Discounted Services or No Fees	Languages Spoken Other Than English	Services for Children with Special Needs	
				AC	HP	KM	AC	AT				KHPE
<b>Pediatric Dentists</b>												
1	University of Pennsylvania Pediatric Dental Clinic	240 South 40th St. 19104	(215) 898-8979	Y	Y	Y	Y	Y	Y	Discount	Various languages	Limited care
2	Doc Bresler's Cavity Busters	240 Geiger Rd. 19115	(215) 677-0380	Y	Y	Y	Y	Y	Y	-	Russian Spanish	Yes
3	Pediatric Dental Associates	100 East Lehigh Ave. 19125	(215) 707-1030	Y	Y	Y	Y	Y	Y	-	Spanish	Yes
4	Doc Bresler's Cavity Busters	6801 Ridge Ave. 19128	(215) 483-6633	Y	Y	Y	Y	Y	Y	-	Russian Spanish	Yes
5	St. Christopher's Hospital Pediatric Clinic	Erie Ave. & Front St. 19134	(215) 427-5065	Y	N	N	N	N	N	-	Spanish	Yes
6	Ronald McDonald Care Mobile	3601 A St. 19134	(215) 427-8877	Y	Y	Y	N	N	N	No Fee	Spanish Chinese	Yes
7	Kids Smiles II	5828 Market St. 19139	(215) 747-6901	Y	Y	Y	Y	Y	Y	Discount	-	Yes
8	Pediatric Dental Associates	3509 N. Broad St. 19140	(215) 707-6411	Y	Y	Y	Y	Y	Y	-	-	Yes
9	Temple University Pediatric Dental Clinic	3223 N. Broad St. 19140	(215) 707-2863	Y	Y	Y	Y	Y	Y	Discount	Various languages	No
10	John J. Del Gaiso, D.M.D.	1819 S. Broad St. 19148	(215) 334-3490	Y	Y	Y	Y	Y	Y	-	-	Yes
11	Pediatric Dental Associates	6404 Roosevelt Blvd. 19149	(215) 743-3700	Y	Y	Y	Y	Y	Y	-	-	Yes
12	Kids Smiles	2821 Island Ave. Suite 210, 19153	(215) 492-9291	Y	Y	Y	Y	Y	Y	Discount	-	Yes
13	Broomall Pediatric Dentistry & Orthodontics	Lawrence Park Shopping Ctr. 1999 Sproul Rd. Broomall, PA 19008	(610) 356-1454	Y	Y	Y	Y	Y	Y	-	Spanish	Yes

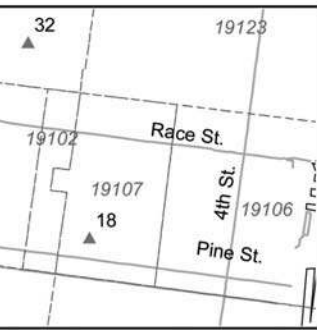
# WHERE TO GO FOR HELP

No.	Name	Address	Phone #	Insurance Plans*						Discounted Services or No Fees	Languages Spoken Other Than English	Services for Children with Special Needs
				Medicaid			CHIP					
				AC	HP	KM	AC	AT	KHPE			
14	Upper Merion Dental Associates	357 S. Gulph Rd. King of Prussia 19406	(610) 337-2325	Y	Y	Y	Y	Y	Y	-	Spanish	Yes
<b>General Dentists</b>												
15	District Health Center #3	555 South 43rd St. 19104	(215) 685-7506	Y	Y	Y	Y	Y	Y	No Fee	Spanish Mandarin French Russian Malay Phoneline*	Limited care
16	District Health Center #4	4400 Haverford Ave. 19104	(215) 685-7605	Y	Y	Y	Y	Y	Y	No Fee	Spanish Bengali Hindi & Urdu Phoneline*	Limited care
17	Elwyn Dental Clinic**^	4040 Market St. 19104	(610)-891-2320	Y	N	Y	N	N	N	-	-	Yes
18	Gentle Dental	201 S 13th St. 19107	(215) 732-5000	Y	Y	N	Y	Y	Y	-	Chinese Polish	No
19	Dentex Corporation	10108 Bustleton Ave. 19116	(215) 677-3904	Y	Y	Y	N	Y	N	-	Mandarin Hindi Russian	No
20	Advanced Family Dentistry	600 W. Olney Ave. 19120	(215) 549-6868	Y	Y	Y	Y	Y	Y	-	Cambodian Hindi	Limited care
21	Dental Office	324 W. Roosevelt Blvd. 19120	(215) 455-5385	N	Y	Y	N	N	N	-	Spanish	Yes
22	Lawncrest Medical Center	500 E. Godfrey Ave. Suite B , 19120	(215) 745-9100	Y	Y	Y	N	N	N	-	Spanish	Limited care
23	Trieu & Trieu, D.M.D., P.C.	437 W. Chew Ave. 19120	(215) 549-4888	Y	Y	N	N	N	Y	-	Spanish Vietnamese	No

# Finding A Dentist For Your Child



- KEY -



Oral Health Centers

Interstates

ZIP Code



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 versity of Pennsylvania, 2005



- 1 University of Pennsylvania Pediatric Dental Clinic
- 2 Doc Bresler's Cavity Busters
- 3 Pediatric Dental Associates
- 4 Doc. Bresler's Cavity Busters
- 5 St. Christopher's Hospital Pediatric Dental Clinic
- 6 Ronald McDonald Care Mobile
- 7 Kids Smiles II
- 8 Pediatric Dental Associates
- 9 Temple University Pediatric Clinic
- 10 John J. Del Gaiso, D.M.D.
- 11 Pediatric Dental Associates
- 12 Kids Smiles
- 13 Broomall Pediatric Dentistry & Orthodontics
- 14 Upper Merion Dental Associates
- 15 District Health Center #3
- 16 District Health Center #4
- 17 Elwyn Dental Clinic
- 18 Gentle Dental
- 19 Dentex Corporation
- 20 Advanced Family Dentistry
- 21 Dental Office
- 22 Lawncrest Medical Center
- 23 Trieu & Trieu, D.M.D., P.C.
- 24 District Health Center #5
- 25 Vaux Family Health Center
- 26 Dental Clinic - Kensington Hospital
- 27 11st St. Family Health Services
- 28 District Health Center #6
- 29 Kenneth J. Soapes, D.M.D.
- 30 Special Smiles, Ltd.
- 31 Fairmount Primary Care Center
- 32 The Community College of Philadelphia, Dental Hygiene Clinic
- 33 Quality Community Health Center
- 34 Gentle Dental
- 35 Maria De Los Santos Health Center
- 36 Peach Dental
- 37 Dwight Dental Care
- 38 Family Dental
- 39 Gentle Dental
- 40 Trieu & Trieu, D.M.D., P.C.
- 41 District Health Center #9
- 42 District Health Center #2
- 43 Gentle Dental
- 44 Dentex Dental Group
- 45 Family Dental Center at Snyder Avenue
- 46 Peach Dental
- 47 Thomas H. Lam, D.M.D.
- 48 Absolute Smile
- 49 District Health Center #10
- 50 A-1 Family Dental Care P.C.
- 51 A-1 Family Dental Care P.C.
- 52 A-1 Family Dental Care P.C.
- 53 Hart M. Dixon, DDS Dental Clinic

# WHERE TO GO FOR HELP

No.	Name	Address	Phone #	Insurance Plans*						Discounted Services or No Fees	Languages Spoken Other Than English	Services for Children with Special Needs
				Medicaid			CHIP					
				AC	HP	KM	AC	AT	KHPE			
24	District Health Center #5	1900 North 20th St. 19121	(215) 685-2938	Y	Y	Y	Y	Y	Y	No Fee	Phoneline*	Limited care
25	Vaux Family Health Center	2300 Master St. 19121	(215) 236-8289	Y	Y	Y	Y	Y	Y	Discount	-	No
26	Dental Clinic - Kensington Hospital	136 W. Diamond St. 19122	(215) 291-6004	Y	Y	Y	Y	Y	Y	-	Spanish	No
27	11st St. Family Health Services	850 North 11th St. 19123	(215) 769-1594	Y	Y	Y	Y	Y	Y	Discount	-	Yes
28	District Health Center #6	321 W.Girard Ave. 19123	(215) 685-3815	Y	Y	Y	Y	Y	Y	No Fee	Spanish Albanian Phoneline*	Limited care
29	Kenneth J. Soapes, DMD	1526 Pratt St. 19124	(215) 535-5577	N	Y	Y	N	Y	Y	-	Spanish	Yes
30	Special Smiles, Ltd.^	100 East Lehigh Ave. Centennial II, 19125	(215) 707-0575	Y	Y	Y	N	N	N	-	Spanish Chinese German	Yes
31	Fairmount Primary Care Center	1412-22 Fairmount Ave. 19130	(215) 684-5349	Y	Y	Y	Y	Y	Y	Discount	Spanish Arabic	No
32	The Community College of Philadelphia, Dental Hygiene Clinic	18th and Spring Garden St. 19130	(215)-751-8625	N	N	N	N	N	N	No Fee	-	Limited care
33	Quality Community Health Center	2501 W. Lehigh Ave. 19132	(215) 227-0300	Y	Y	Y	Y	Y	Y	Discount	Vietnamese Kannada	No
34	Gentle Dental	2656 Germantown Ave. 19133	(215) 228-8723	Y	Y	Y	N	Y	N	Discount	Spanish	No
35	Maria De Los Santos Health Center	452 W. Allegheny Ave. 19133	(215) 291-2509	Y	Y	Y	Y	Y	Y	Discount	Spanish Arabic	No

# WHERE TO GO FOR HELP

No.	Name	Address	Phone #	Insurance Plans*					Discounted Services or No Fees	Languages Spoken Other Than English	Services for Children with Special Needs
				AC	HP	KM	AC	CHIP			
36	Peach Dental	3200 Frankford Ave. Suite #2, 19134	(215) 739-5600	Y	Y	Y	Y	Y	-	Spanish	No
37	Dwight Dental Care	8137 Frankford Ave. 19136	(215) 338-5454	Y	Y	Y	Y	N	-	Russian Ukrainian	No
38	Family Dental	4646 N 5th St. 19140	(215) 324-1950	N	Y	Y	Y	Y	-	-	Yes
39	Gentle Dental	1335 W.Tabor Rd. Suite 150, 19141	(215) 548-8080	Y	Y	Y	Y	Y	Discount	-	Yes
40	Trieu & Trieu, D.M.D., P.C.	6536 Woodland Ave. 19142	(215) 727-3773	Y	Y	Y	Y	Y	-	Spanish Vietnamese	Yes
41	District Health Center #9	131 East Chelton Ave. 19144	(215) 685-5738	Y	Y	Y	Y	Y	No Fee	Spanish French Creole Phoneline*	Limited care
42	District Health Center #2	1720 South Broad St. 19145	(215) 685-1822	Y	Y	Y	Y	Y	No Fee	Spanish Cambodian Vietnamese Phoneline*	Limited care
43	Gentle Dental	1507 W. Passyunk Ave. 19145	(215) 468-0220	Y	Y	Y	Y	Y	Discount	-	No
44	Dentex Dental Group	1701 Moyamensing Ave. 19148	(215) 462-4047	Y	Y	Y	Y	N	-	Spanish	No
45	Family Dental Center at Snyder Avenue	626 Snyder Ave. 19148	(215) 334-4900	Y	Y	Y	Y	Y	-	-	No
46	Peach Dental	640 Snyder Ave. 19148	(215) 334-4845	Y	Y	Y	Y	Y	-	-	Limited care
47	Thomas H. Lam, D.M.D.	1611 S. Broad St. 19148	(215) 271-6999	Y	Y	Y	Y	N	-	Chinese Vietnamese	No
48	Absolute Smile	6722 Bustleton Ave. Suite 101, 19149	(215) 331-7585	N	Y	Y	Y	N	Discount	Polish Russian Spanish Ukrainian	Yes

# WHERE TO GO FOR HELP

No.	Name	Address	Phone #	Insurance Plans*					Discounted Services or No Fees	Languages Spoken Other Than English	Services for Children with Special Needs	
				AC	HP	KM	AC	AT				KHPE
49	District Health Center #10	2230 Cottman Ave. 19149	(215) 685-0608	Y	Y	Y	Y	Y	Y	No Fee	Spanish Vietnamese Japanese Creole French Russian Phoneline <sup>^</sup>	Limited care
50	A-1 Family Dental Care P.C.	8001 Roosevelt Blvd. Smylie Times Bldg. Suite 503, 19152	(215) 268-9655	Y	N	N	Y	Y	Y	-	-	Yes
51	A-1 Family Dental Care P.C.	8355 Loretto Ave. Suite 104, 19152	(215) 342-5750	Y	Y	Y	Y	Y	Y	Discount	Chinese Russian Albanian Hindi	Yes
52	A-1 Family Dental Care P.C.	8539 Bustleton Ave. 19152	(215) 342-5740	Y	Y	Y	Y	Y	Y	Discount	Spanish Hindi	Yes
53	Hart M. Dixon, DDS Dental Clinic ^	111 Elwyn Rd. Elwyn, PA 19063	(610)-891-2320	Y	N	Y	N	N	N	-	-	Yes

\*This insurance information is accurate as of November, 2006. The types of insurance plans dentists accept can change over time. Call the dental office to see if it accepts your insurance.

### Insurance Key

AC = AmeriChoice, HP = Health Partners, KM = Keystone Mercy, AT = Aetna, KHPE = Keystone Health Plan East  
Many of the practices also take private insurance. Call to see if they accept your plan.

\*\*The Elwyn Dental Clinic is scheduled to open in spring, 2007.

^These offices only provide services to individuals with special health care needs.

•Phoneline = District Health Centers provide translation for all languages via phone service.

## **HOW CAN I HELP PREVENT MY CHILD FROM GETTING TOOTH DECAY AND CAVITIES?**

Remember, there are several important steps you and your child can take:

- 1. Brush your child's teeth twice a day. Use fluoride toothpaste after your child turns two years old.**
- 2. Floss his/her teeth daily.**
- 3. Eat a well-balanced diet and limit between-meal snacks.**
- 4. Visit your dentist twice a year for cleanings and oral exams.**
- 5. Get dental sealants placed on your children's back teeth.**





## SPECIALTY SERVICES: BRACES

### HOW DO I KNOW IF MY CHILD NEEDS BRACES?

Sometimes teeth don't grow in evenly. Your child's teeth might be crooked or his/her upper and lower jaws might not be the same size. Your dentist may notice a "bad bite" and recommend that you see an orthodontist to determine whether your child needs braces. **For children with Medical Assistance, the orthodontist has to prove the braces are medically necessary.** The CHIP program does not cover braces. The dental clinics at Temple University and the University of Pennsylvania offer discounted braces on a payment plan. For more information on how to find an orthodontist, see the following list.



## HOW DO I FIND HELP WITH BRACES?

### **Albert Einstein Dept. of Dental Medicine**

5501 Old York Road  
Paley Building 2nd Floor  
Philadelphia, PA 19141  
(215) 456-7130

### **Mankad Dental Associates, PC**

1420 Walnut Street Suite 518  
Philadelphia, PA 19102  
(215) 567-5949

### **Pediatric Dental Associates, Ltd.**

6404 Roosevelt Boulevard Lower level  
Philadelphia, PA 19149  
(215) 743-3700

### **Episcopal Hospital (Pediatric Dental Associates)**

100 E. Lehigh Avenue  
Philadelphia, PA 19125  
(215) 707-1030

### **Prem Gulati, D.D.S.**

4001 Lyman Drive  
(215) 637-6300

### **Specialty Management Consulting**

626 Snyder Avenue Suite 200  
Philadelphia, PA 19114  
(215) 940-0301

### **University City Dental Associates**

5338 Baltimore Avenue  
Philadelphia, PA 19143  
(215) 476-2122

Temple and Penn Dental schools provide braces for children for a discounted price with a payment plan.

### **University of Pennsylvania School of Dental Medicine Orthodontic Department**

(215) 898-8982

### **Temple University School of Dentistry Orthodontic Department**

(215) 707-2866

## WHAT SHOULD I DO IF MY CHILD HAS A DENTAL EMERGENCY?

If your child has a toothache or other mouth pain – or has broken or knocked out a tooth, you should call your dentist immediately. Here are other steps you can take in different emergency situations.

### **Toothache**

Rinse the mouth with warm water. Carefully use dental floss to remove any food that might be trapped between the teeth. Do not place aspirin on the aching tooth or gum tissues. If your child's face is swollen, use a cold compress or just ice.

### **Knocked-Out Tooth**

Find the tooth if possible and handle it only by the top (not the root). If it is dirty, rinse gently under running water. Do not scrub or remove any attached tissue fragments. If possible, gently insert and hold the tooth in its socket (you can have your child gently bite down on a clean gauze or cloth). If this is not possible, place the tooth in a cup of milk or cool water. Go to the dentist immediately (within 30 minutes if possible). Remember to bring the tooth. Quick action is important.



**If your child has a toothache or other mouth pain – or has broken or knocked out a tooth, you should call your dentist immediately.**

### **Broken Tooth**

Gently clean any dirt from the injured area with warm water. Put a cold compress over the injured area. If possible, try to find the tooth fragments. Go to the dentist immediately.

### **Bitten or Cut Tongue, Lip or Cheek**

Apply direct pressure to the bleeding area with a clean cloth or gauze. If there is swelling, apply a cold compress. If the bleeding doesn't stop after 15 minutes or isn't controlled by simple pressure, go the hospital emergency room.

## **HOW DO I PAY FOR CARE FOR MY CHILD?**

Children who have Medical Assistance (MA) can get “all medically necessary” oral health services for free. Children who have CHIP (Children’s Health Insurance Program) also get oral health services for free, except for braces.



For a more complete list of dentists in your area, call your insurance company’s member services. The phone numbers are listed below.

### **Medical Assistance**

- AmeriChoice 1-800-321-4462
- Health Partners 1-800-553-0784
- Keystone Mercy Health Plan 1-800-521-6860

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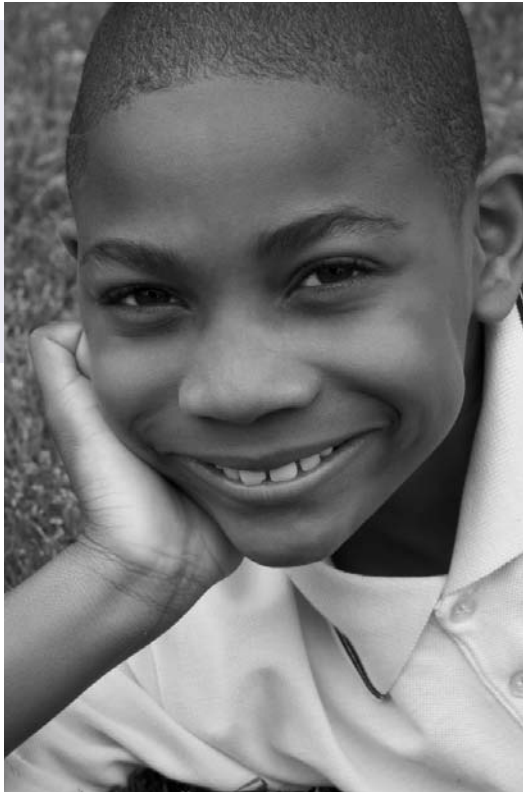
## **Children’s Health Insurance Program (CHIP)**

- Aetna 1-800-822-2447
- AmeriChoice 1-877-707-5437
- Caring Foundation/Keystone/Blue Cross Blue Shield 1-800-464-5437

## **CAN MY CHILD GET DENTAL CARE EVEN WITHOUT HEALTH INSURANCE?**

Children and adults who do not have insurance can get free or low-cost dental services at many practices throughout the city. Look under “discounted services or no fees” on pages 8-14 for free or low-cost dental care.

**But remember – most children in Philadelphia can get health insurance. Call PCCY at 215-563-5848 x17 for help applying for health insurance.**





*For supporting this project, special thanks to:*  
**Aetna Foundation**  
**Eagles Youth Partnership**  
**William Penn Foundation**

*PCCY acknowledges*  
**The Cartographic Modeling Lab, University of Pennsylvania**  
*for assistance with this guide*

**For more information contact:**



Colleen McCauley-Brown  
Seven Benjamin Franklin Parkway  
Philadelphia, PA 19103  
Phone: 215.563.5848 Fax: 215.563.9442  
email: [info@pccy.org](mailto:info@pccy.org)  
[www.pccy.org](http://www.pccy.org)