



DENTAL CARE FOR YOUR TEENAGER

- Teenagers typically have a full set of permanent teeth. It is important to remind your teenager that these are the permanent teeth that they will have forever! They have to take care of them! Usually Wisdom Teeth will start to erupt in the Late teen years to early twenties.
- **BRUSHING:** Even teenagers can use a little parental guidance when it comes to oral hygiene. Encourage them to get in the habit of brushing in the morning after breakfast and **ESPECIALLY** before bed at night. It is still a good idea for you to check on them to make sure they are brushing properly. Remind them to not have anything to **EAT OR DRINK AFTER** they brush before bed! Drinking anything other than water at night will cause cavities quickly!
- **SPORTS MOUTHGUARDS:** If your teenager is playing sports it is very important to wear a protective mouth guard.
- **TOOTHPASTE:** By now your child should understand how to spit out toothpaste and should be using a toothpaste **WITH FLUORIDE**. They should be flossing their teeth at least once daily, preferably after they brush at night. Using plastic "flossers" is perfectly fine.
- **DIET:** **SWEETS** of any kind are **BAD** for your teeth, **ESPECIALLY SWEET LIQUIDS!** Stress drinking **WATER** and **WHITE MILK** daily.