

# Tooth Tips for Teens & Tweens

Problems with gum disease and poor tooth alignment can start when you are a teen. Make healthy choices now to protect your teeth for life!



## Oral hygiene

Starting healthy habits now will help keep your teeth healthy in the future! Drink fluoridated water, brush your teeth, eat healthy foods, floss, and visit the dentist 2 times a year!

## Healthy beverages

Drink fluoridated water! Sugary drinks (like soda and flavored coffee) can cause cavities, and acidic drinks (like energy drinks) can wear away the enamel, causing teeth to yellow. Swish your mouth with water after drinking something sugary or acidic to rinse off your teeth.



## Sports injuries

Sports and other physical activities can lead to injuries to the mouth and face. Always wear appropriate mouth and face protectors, and contact your dentist in an emergency.

## Orthodontia

Braces can make it hard to keep your teeth clean, and plaque build up around your braces can permanently stain or damage your teeth. Avoid foods like popcorn and chewing gum, and talk to your orthodontist about keeping your teeth healthy while the braces are on.



# Tooth Tips for Teens & Tweens

Problems with gum disease and poor tooth alignment can start when you are a teen. Make healthy choices now to protect your teeth for life!



## Healthy foods

Your saliva helps protect your teeth during the day after you eat by remineralizing, or strengthening, your enamel. Limit snacking during the day so that your saliva can keep your enamel strong.

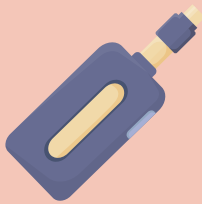
## Dental sealants

Dental sealants are coatings that are painted on your teeth and help prevent cavities. Talk to your school nurse or dentist for more information on dental sealants!



## Tobacco, vaping, and substance use

Smoking increases your risk for gum disease and tooth loss, gives you bad breath, and can hurt your oral health in the long term. Protect your mouth and brain and avoid tobacco and vaping products!



## HPV

Human papillomavirus (HPV) can cause mouth and throat-related cancers, so make sure to get vaccinated! You can get the HPV vaccine starting at age 9. Ask your doctor or dentist for more information on the HPV vaccine!

