



Selfie-Ready Smiles

Dental health tips for teens

Want a great selfie? Work on your smile. Make the right choices to maintain a healthy mouth.

KEEP IT CLEAN

- > Brush twice a day with a fluoride toothpaste.
- > Floss daily.
- > Rinse mouthguards frequently.
- > Clean retainers or other dental appliances regularly.
- > See the dentist for cleanings and checkups twice a year.

PLAY IT SAFE

- > Use mouthguards during contact sports.
- > Avoid oral piercings.
- > Don't smoke or use other tobacco products.

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LIFE HACKS FOR A CLEAN MOUTH

- > Keep a travel-sized toothbrush in your locker, backpack or gym bag so it's easy to brush after meals and snacks.
- > Rinse your mouth with water when you can't brush and floss after sweet or acidic treats.
- > Chew sugarless gum with xylitol (a natural sweetener) after meals and snacks to wash away bacteria and prevent cavities.
- > Drink lots of water! Opt for fluoridated tap water whenever possible.
- > Boost calcium intake and retention:
 - Eat more green leafy vegetables and low-fat dairy products.
 - Take daily calcium supplements (girls: 1,300 mg; boys: 800 mg).
 - Add vitamin D by eating salmon, tuna and vitamin D-fortified milk or juice.
 - Add weights to your exercise routine.
 - Avoid energy drinks and caffeine.

DID YOU
KNOW ?

One in five youth ages 12 to 19 has untreated tooth decay.¹

¹ "Dental Caries (Tooth Decay) in Adolescents (Age 12 to 19)." National Institute of Dental and Craniofacial Research. <http://www.nidcr.nih.gov/DataStatistics/FindDataByTopic/DentalCaries/DentalCariesAdolescents12to19.htm>

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