

Selfie-Ready Smiles

Dental health tips for teens



Want a great selfie? Work on your smile. Here's how you can make the right choices to maintain a healthy mouth.

5 life hacks for a clean mouth

1. Keep a travel-sized toothbrush in your locker, backpack or gym bag so it's easy to brush after meals and snacks.
2. Rinse your mouth with water when you can't brush and floss after sweet or acidic treats.
3. Chew sugarless gum with xylitol (a natural sweetener) after meals and snacks to wash away bacteria and prevent cavities.
4. Drink lots of water! Opt for fluoridated tap water whenever possible.
5. Boost calcium intake and retention:
 - Eat more green leafy vegetables and dairy products.
 - 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.

Keep it clean

- Brush twice a day with a fluoride toothpaste and floss daily.
- Regularly clean retainers, mouthguards and other dental appliances.
- 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.

Did you know that one in five teens 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>