

DENTAL DEPOT

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Dental Care for Teenagers and Adolescents

Importance of Recall Exams

It is best to diagnose cavities at an earlier stage, keep fillings smaller, and prevent the need for root canals and extractions. Maintaining regular recalls also allows re-emphasizing and demonstrating proper oral hygiene.

These are important years for developing and maintaining good oral hygiene while gaining independence. During this time youth are prone to having poor diet and oral hygiene, together leading to cavities. The fewer cavities at this early age ultimately improves the overall oral health over the lifetime of the individual.

Sealants

-Help to protect the deep grooves of posterior teeth and provides a barrier to bacteria, food and plaque, ultimately preventing cavities.

Brushing and Flossing

Brush 2 minutes 2x per day

Floss 2x per day (Most important time is before bed)

Tips for Diet

- Brita Filtered Tap > Bottled water
- Herbal Tea > Juice, pop, energy drinks
- Avoid carbonated beverages and fruit drinks
- White milk > Chocolate milk
- Snacks should always have some cheese
- Avoid sipping (more than 15 minutes) on liquids except for water
- Limit sugary foods and drinks to mealtimes
- Sweets right after meals

Extra Tools

- Children >8 yo: For High risk or above → can add Chlorhexidine (0.12%) rinse
- Children >12 yo (with normal upper canine development)
 - For high risk: Can add a 5000 ppm Fluoride toothpaste