



Oral Health in Adolescents



► Brushing and Flossing

You are at higher risk of cavities if you eat and drink a lot of sugary foods or drinks, have braces or family history.

Cavities generally are preventable by brushing your teeth two times per day, daily flossing, and using fluoride toothpaste.



► Smoking, Vaping, and Tobacco Use

Smoking, vaping, and tobacco use can affect many parts of the body, especially brain development in adolescents.

Additionally, it can cause bad breath, desensitization of taste buds, teeth staining, mouth sores, gum disease, oral bone loss, and oral cancers.



► Reduce Consumption of Sugary Drinks and Foods

Sugary drinks and soda can lead to cavities and also negatively impact the bones surrounding your teeth. Adolescents struggling with eating disorders such as anorexia nervosa or bulimia nervosa can be at high risk for tooth enamel erosion, swollen glands and oral infections. Be sure to replace sugary beverages with water or milk instead, and eat a well-rounded diet throughout each day.

► Oral Piercings

Materials that are not surgical grade stainless steel can cause infection or allergic reaction.

Playing with the oral piercing inside of the mouth can lead to infection of the gums and also tooth decay. It is especially important to clean piercings after meals to prevent bacterial overgrowth, infection and bad breath.



► Mouthguards

Be sure to wear a mouthguard when playing any contact sport. They are designed to decrease the risk of trauma to the oral cavity by absorbing high impact energy.

There are different types of mouthguards including ones that are pre-made and come in different sizes. You can also use a custom-made mouthguard and your dentist can help you identify which type is best for you.

