

## TEEN'S ORAL HEALTH

Having a healthy smile can boost your confidence when meeting people and making friends. It can make you feel good about yourself.

**Oral health is a key indicator of overall health, well-being and quality of life.**

Why should I look after my teeth?

If you don't look after your teeth properly you could suffer from the following conditions:

- Bad breath
- Stained teeth
- Tooth decay
- Gum disease



### TOP TIPS

- **Brush for 2 minutes, twice a day with a fluoride toothpaste. Once before bed and once at any other time**
- **Brush every surface of your teeth to prevent a build up of plaque**
- **Spit don't rinse—if you rinse you will remove the fluoride which helps protect your teeth**
- **Replace your toothbrush every 3 months**
- **Chew sugar-free gum after meals and snacks to protect your teeth**

### FACTS FOR TEENS

- \* Mouthguards should be used during sports to protect your teeth
- \* Seeing an orthodontist will determine if braces are needed
- \* Smoking should be avoided—it can stain teeth and gums and lead to the build up of tartar on teeth. Smoking can also contribute to gum disease and bad breath

[www.worldoralhealthday.org](http://www.worldoralhealthday.org)

[www.dentalhealth.org](http://www.dentalhealth.org)