DENTAL HEALTH TIPS FOR TEENS

1. This is the ideal age for your dentist to check if the position of your teeth is correct and if treatment is necessary to create a more attractive appearance.

2. Always use a fluoride toothpaste and brush your teeth at least twice a day. Fluoride strengthens resistance to decay and encourages repair of the enamel damaged by the acid attack of the decay process.

3. Use dental floss daily to remove harmful plaque from between your teeth. Regular brushing with a soft brush and flossing will prevent gum disease, which can lead to loss of teeth.

4. To protect you against sporting injuries, have your dentist make you a custom-made mouthguard. These are much more effective and comfortable than mouthguards off-the-shelf.

5. Ask your dentist how often you need a check-up. Measures to prevent dental disease include the application of fluoride and/or the sealing of small pits in the enamel which are likely spots for decay.