

DENTAL CARE FOR TEENAGERS

Remember teenagers need to take care of their teeth, too!

Teens are sometimes in too much of a hurry to take care of their teeth. Teens need to know that they are responsible for their teeth and should:

- Brush twice a day with fluoride toothpaste
- Clean between their teeth daily with floss
- Limit snacks and eat healthy, well balanced meals
- Limit soft drinks, including diet soft drinks
- Choose water instead of sugary drinks
- Avoid smoking and vaping
- Visit the dentist every 6 months

Teens sometimes don't want to visit the dentist. They should know that new techniques have made dental treatment much more comfortable. Let your teen take a friend along for support. Your teen will soon learn that the dentist is there to help.

Use the Find a Dentist tool on DentaQuest.com to find a provider near you or call member services at 1-888-912-3456.



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