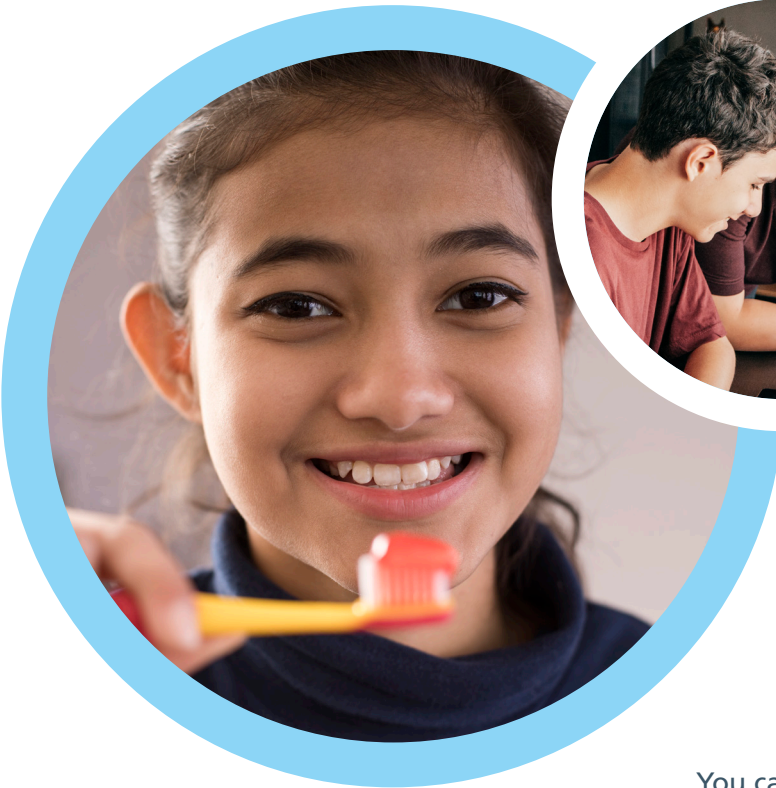


Oral health for teenagers



0-19

**Public Health Integrated
Nursing Service**

You can speak to your
GP, dentist or 0-19 Public
Health Nurse (health
visitor) if you have any
concerns about your
child's oral health.

Brush twice a day, last thing at night before bed and on one other occasion. Brush in small circles for at least two minutes. Brush the fronts, backs and tops of each tooth. Don't forget the gums and the tongue too to reduce bad breath and infection.

Visit the dentist every six months for a check-up - it is free. Make sure you have a fluoride varnish applied to teeth for extra protection



NHS
dental care is
FREE for all
under 18s*

Things to think about...

- **Wearing braces** - many young people require braces for a period of time to support the development of their teeth. This can impact their physical and emotional wellbeing as they get used to a change in appearance therefore it is important to support them to maintain good levels of mouth hygiene. Discuss this with your dentist when you visit.
- **Mouth piercings** need to be carefully looked after due to the increased risks of infections and the area kept clean and free from bacteria.
- **The human papillomavirus (HPV)** is the main cause of cervical cancer and it can be spread through oral sex. Practising safe sex and limiting the number of partners you have may help reduce your chances of getting HPV.
- **Energy drinks, alcohol and smoking** can all really affect the appearance and health of your teeth and gums and can cause lasting damage such as mouth cancer.



Top tips

- If playing contact sports ask your dentist about using a mouth guard to protect your teeth.
- Use an alcohol free mouthwash after brushing your teeth.
- Use a floss after brushing teeth to remove extra plaque.
- Use a sugar free gum after eating to help get rid of bacteria.

* or under 19 and in full-time education