



**13-17 Years**

**Take Control of  
your Oral Health!**

Make a habit of brushing  
your teeth and watch what  
you eat and drink.



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



Dental Health Foundation  
Ireland

**For tips please  
turn over**

# 13-17 years





Visit your dental team once a year for advice and a check up to prevent tooth decay, gum disease and bad breath.

## Tooth Tips

- 😊 Always brush twice a day, at bed time and one other time for 2- 3 mins 
- 😊 Use a soft/medium toothbrush and fluoride toothpaste (at least 1,000 ppm)
- 😊 Floss daily. Ask your dental team for advice on technique
- 😊 Change your toothbrush when bristles are worn
- 😊 If you wear braces, brush thoroughly every time you eat. Bring a travel toothbrush to school 

## Diet

- 😊 Choose healthy snacks and drinks between meals such as whole fruits or low fat dairy. 
- 😞 Avoid sugary drinks and snacks. Sugar taken between meals means more risk of tooth decay e.g dried fruits.
- 😊 Unflavoured milk and water are the best drinks. Milk will aid muscle recovery after exercise. Avoid high sugar sports drinks.
- 😊 Limit fruit juice or fruit smoothies to a small glass once a day, with a meal and always choose unsweetened 
- 😊 Read food labels for sugar content. Less than 5g per 100g is low sugar

## General Tips

- 😞 Mouth and tongue piercings can lead to infections, chipped or cracked teeth and damaged gums
- 😊 Always wear a mouthguard when playing sports to help reduce the risk of dental injuries