Oral Care for Everyone - Birth to 100

Pregnancy

- Hormonal changes can cause inflammation to the gums causing them to bleed **easily**
- Maintain oral health by: Regular cleanings, brushing 2 times per day
- Floss 1 time per day, eat a balanced diet.

CONCERNS: *Your Health Can AFFECT your child's!*

Babies & Kids

Early dental routine can ensure a lifetime of healthy smiles

- Begin visits to dentist by FIRST TOOTH
- Wipe Gums with Spiffies Xylitol wipes or clean moist gauze
- Supervise brushing with rice size fluoride toothpaste
- 2-3 year old, use pea size fluoride toothpaste
- Limit frequent snacking
- Do not put baby to bed with bottle. Start sippy cup by age one
- Encourage real cup by 2-3 years old
- Fluoride: begin ingested fluoride at 6 months

CONCERNS: *Decay, infection, premature tooth loss.*

Teens

Your smile is the first thing people notice

- Brush 2 times per day, floss daily, fluoride rinse nightly
- DO NOT Smoke or chew tobacco
- DO NOT pierce lip or parts of mouth
- Limit sugary snacks and drinks
- Wear mouth guards for sports
- Regular dental hygiene visits

CONCERNS: *decay, infection, tooth loss.*

Adults Under 40

- Your mouth is the gateway to overall body health
- Brush twice per day; floss once per day
- Eat a balanced diet with limited between meal snacks
- Regular dental hygiene visits

CONCERNS: *Gum disease, grinding, TMJ, missing teeth*

Adults 40-60

- Same as above recommendations

CONCERNS: *Recession, dry mouth due to medications, worn fillings and enamel.*

Adults Over 60

- Mouth health is essential for good quality life: look good, eat and chew foods, speak clearly and confidently
- Brush 2 times per day; floss 1 time per day
- Unhealthy bacteria can lead to medical conditions like infections in mouth associated with heart disease, stroke, diabetes, and pneumonia

CONCERNS: *Partials/Dentures remove nightly for tissue health*

Smoking = greater risk for gum disease

Exposed roots can decay quickly

Tissue elasticity changes, dexterity changes = debris in mouth