

PREGNANCY

Research shows up to 40% of women don't see the dentist during their pregnancy! However, dental treatment is not only safe, but also necessary.

- Your baby's teeth begin developing during pregnancy and you can support that with healthy eating including fruits, veggies, and calcium.
- Almost 50% of women develop gingivitis during pregnancy due to hormones, morning sickness and dietary changes.
- Poor oral health habits have been connected to premature birth, gestational diabetes and more.



Keep your routine dental appointments but postpone cosmetic work. Try to schedule in your first or second trimester for comfort. If you have a dental emergency, you are safe having dental work done.

BABIES & TODDLERS

6 MONTHS - 3 YEARS

Your baby's first teeth will usually break through around 6 months and continue until about age 3 when all 20 baby teeth have arrived. Once teeth arrive they can get decay, so start brushing!

- A smear, or toothpaste the size of a grain of rice is enough for kiddos under age 3. Make brushing fun to encourage healthy oral habits.
- Your child should be seen within their first year, once a tooth has erupted.
- Over the age of 3, kids can use a pea-size amount of toothpaste and should brush for 2 minutes, twice per day. If they have teeth that touch each other, they can begin to floss.



Have your children begin to see the dentist twice a year. Dental emergencies, such as a knocked out or chipped tooth, should be seen right away.

KIDS

4 YEARS - 12 YEARS

Children begin to lose their baby teeth between the ages of 4 and 7 years old, through about age 12. By now, they should have seen a pediatric dentist, but if not, get them scheduled and ready by reading books or watching videos about their dental visit.

- Teach kids good oral health practices by making it a regular part of their morning and evening routines.
- Focus on brushing for a full two minutes by incorporating a song or timer. Teach proper flossing and use an ADA recommended mouth rinse if maturity allows.
- Talk about concerns with teeth crowding as molars erupt, problematic oral habits, sealants and mouth guards if needed. This is the time to consider orthodontic care if needed.



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TEENS

13 YEARS - 21 YEARS

For many teens oral health has become a priority due to the need for braces and/or mouth guards, oral piercings, and the fear of bad breath.

- Adult teeth have likely grown in by age 13, and wisdom teeth are likely to grow in around 17-21 years. Continue seeing the dentist 2 times a year.
- Sealants can help prevent cavities, as will avoiding sugary snacks, eating healthy, good brushing, flossing, and mouthwash.
- Talk to the dentist about concerns such as teeth grinding, unhealthy habits, and cosmetic procedures.



See a dentist right away if you have any signs of an oral piercing infection, jaw pain, broken or chipped teeth, or red, bloody, and swollen gums.

ADULTS UNDER 40

Nearly 50% of adult Americans experience gum disease. Avoid costly and painful procedures by keeping healthy oral hygiene habits.

- Good daily practices should include brushing twice for at least two minutes, flossing, rinsing with mouthwash, and chewing sugar-free gum after meals.
- See your dentist at least twice a year for regular cleanings and to be proactive on any dental health issues. Discuss any concerns and cosmetic procedures.
- Eating healthy, avoiding tobacco products, and using a mouth guard when playing sports will support good dental health.



Signs of gum disease should be addressed before more serious concerns arise. See a dentist as soon as possible if you have an accident or injury involving your mouth.

ADULTS OVER 40

There are several reasons why adults can experience gum disease, missing or loose teeth, tooth sensitivity, discoloration, dry mouth, and oral cancers. Continue seeing your dentist at least twice a year to address these concerns.

- Keep your oral health a priority with daily practices and regular dental check-ups.
- You don't have to suffer physically or emotionally from missing teeth. See your dentist for options.
- Continue or begin healthy lifestyles with nutritious eating, tobacco and drug free living, and managing pain and health conditions.

Talk to your dentist about any pain, medication use, or health concerns you have and their impact on your dental health.



ADULTS OVER 60

Surprisingly, adults over 60 are entering cavity prone years, and periodontal disease is more prevalent. Additionally, dry mouth is both a part of aging and a common side effect of many medications, which increases the risk for tooth decay.

- Saliva production is important, so consider chewing sugarless gum and using dentist suggested products for reducing dry mouth.
- Follow dentist instructions for the care of dental implants, bridges, and dentures.
- Be sure to let your dentist know about any heart conditions and medications you are taking.

Continue seeing your dentist twice a year. If you notice sores in your mouth, pain, or sensitivity when chewing or swallowing, contact your dentist for an appointment.



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