



# Show Your Style Keep Your Smile

Tips to protect your smile for a lifetime.

## Play Sports? Consider a mouth guard.



- Mouth guards help prevent injury to the teeth and jaw.
- To keep your smile strong and healthy, wear a mouth guard during contact sports like basketball, football, lacrosse, hockey or soccer, which increase the risk of a hit to the face.
- Even non-contact sports like skateboarding, gymnastics and biking can risk injury to your teeth.

## Have Braces? Take a little extra care.



- Braces can trap food between your teeth. Avoid sticky foods like gum and candies, hard foods like nuts and crunchy foods: popcorn, chips, and ice.
- Brush thoroughly after every meal and snack to prevent bad breath and remove food stuck in and around your braces.
- Ask your dentist about a special flosser to floss between your teeth.

## Don't forget your Wisdom Teeth!



- Wisdom teeth come in during the late teens and early 20s.
- Brush and floss your wisdom teeth, since food can get trapped in and around them.
- See a dentist regularly to track wisdom teeth, which can cause pain, infection, cavities, and gum disease. If they crowd your mouth, they may need to be removed.

