



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.

Know the Risks Before You Decide

Things to consider as you make choices that affect your oral health.

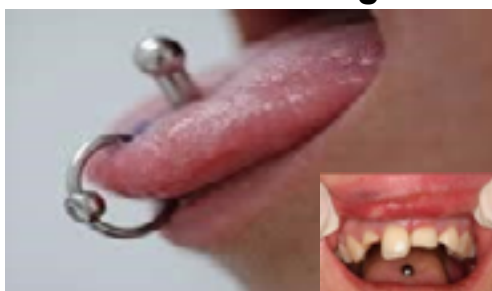


Vaping



- Vaping contains nicotine. It is addictive, can cause painful sores, ulcers, and cancer in the mouth. Vaping under 21 years of age is illegal.
- Vaping can lead to cavities, gum infections, dry mouth, and tooth pain from cold or heat.
- Vaping pens, e-cigarettes, and drives can explode and burn the mouth, causing pain and scars to the face.
teen.smokefree.gov/quit-vaping
or text QUIT to 47848

Oral Piercing



- Oral piercings can chip teeth and cause nerve damage.
- Food and bacteria can collect around the piercings, which lead to bad breath, infection, and pain.
- Oral piercings may increase the spread of the herpes virus and Hepatitis B and C.

Oral Cancer



- Chewing or smoking tobacco and alcohol use can increase your risk of oral cancer.
- A sexually transmitted virus called human papillomavirus (HPV) can lead to oral cancer.
[Learn about HPV vaccine for teens](#)
- Oral cancer can appear as a growth or sore in the mouth that needs attention.



Scan for HPV vaccine
for teens