Even though it can be hard to get young kids to slow down, it's important to make time for oral hygiene. Starting good habits now will set the stage for a lifetime of healthy smiles.

YOUNG ADULT CARE

With newfound independence comes newfound responsibility. Try these tips to keep oral health in tip-top shape during the young adult years.

Stress Can Cause Tooth Grinding
To manage it, eat healthy, get plenty of sleep and exercise regularly.

A Mother’s Oral Health Links To Her Baby’s Overall Health.
Get a checkup and cleaning while pregnant. Have any necessary dental work done in the second trimester.

Keep an eye our for gingivits and pregnancy tumors on gums.

Lifelong Bad Habits Can Begin As A Young Adult
Don’t smoke or vape. Avoid excessive alcohol consumption.

Limit soda and junk food consumption.

Ages 20-35

LIFE STAGES OF ORAL HEALTH

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