



Helping Hands

Jennifer K. Hargleroad, DDS, MS

2105 Bighorn Road, Unit 202

Fort Collins, CO 80525

(970) 493-2254

13-18 YEARS OLD

PERMANENT DENTITION

You will most likely have all of your permanent teeth by this age. Your permanent third molars (wisdom teeth) are most likely developing and will be evaluated during this time. You may have questions regarding the coloration or alignment of your teeth, so be sure to let your dentist know of any concerns you may have.

CARE

You are now able to take care of your own teeth and this is your sole responsibility. You should be brushing twice a day for two minutes each time with a pea-sized amount of fluoridated toothpaste. Flossing with either dental floss or hand held flossers should be done daily. The excess toothpaste should simply be spit out of the mouth and not rinsed with water, as this can decrease its protective benefit. It is also recommended to brush the tongue. We will ensure that you are receiving feedback on your homecare at your routine appointments.

DIET

You should be eating three meals a day and two snacks (if desired), with any beverages other than water being limited to these times. If you play sports, limit your intake of sports drinks and choose to drink water. Drinking soda not only bathes your teeth in sugar, it also weakens the protective (enamel) layer of your teeth due to its acid content. Choose to limit your consumption of soda to mealtimes only. Ensure that you have sugar free mints and gum available so that you are not "borrowing" sugar containing varieties from your friends. Some healthy snack options include: Cheeses, nuts, fresh fruits and vegetables, popcorn, solid chocolates, ice cream, and yogurt. Try to steer clear of crackers, dried fruits, gummy fruit snacks, sticky candy and mints, sugar gum, suckers, sodas and sports drinks.

SEALANTS

Dental sealants will be recommended once the second permanent molars have fully erupted. Sealants help protect the deep grooves of the back permanent teeth from sugars, plaque and acid. Having sealants is a simple procedure that does not require any use of local anesthesia.

INJURY PREVENTION

You should use a mouthguard on a regular basis when participating in athletic activities to help prevent traumatic injuries to your permanent teeth, lips, face and jaws. There are mouthguards available that can be worn over your braces. Once all of your permanent teeth have erupted and any orthodontic treatment is completed, an impression can be taken and sent to a lab for a custom fit mouthguard that will provide optimal protection and a comfortable fit.

(Continued on reverse)

BRACES

You may be in braces at this time to improve the function and esthetics of your permanent teeth. It is extremely important to maintain excellent brushing and flossing habits. Poor hygiene with braces can cause decalcification which is a breakdown of enamel and a pre-carious condition. It appears as a **permanent**, chalky white area on the teeth that will remain on your teeth even after your braces are removed.

SMOKING AND SMOKELESS TOBACCO USE

In as little as three months of using any smoking or smokeless tobacco use, the development of gum disease and pre-cancerous lesions can occur. The decisions you make about the use of these products will affect you for the rest of your life.

EMERGENCIES

In the permanent dentition, dental traumatic injuries become more urgent. If you do fall and injure yourselves, remain calm, apply pressure to the bleeding area, and contact your pediatric dentist. If a permanent tooth were to be knocked out of the mouth, you will want to ensure it is clean of debris by rinsing it in cold milk or the patient's saliva and push it back into the socket immediately. Place the tooth in a cup of milk if available if you are unable to replace the tooth at the time of injury. Seek care at your pediatric dentist immediately.

ROUTINE DENTAL CARE

A panoramic radiographic will be taken to evaluate your wisdom teeth. We will evaluate the spacing and development of these teeth to help you time an evaluation for removal of these teeth with an oral surgeon, if necessary. We will continue to take two to four bitewing radiographs on approximately a yearly basis to evaluate the areas between the teeth. During this time, we will also begin to screen for periodontal disease.