North Bay Parry Sound District Health Unit
Bureau de santé du district de North Bay-Parry Sound

Oral Health
Santé buccodentaire
myhealthunit.ca

Teens & Young Adults



Teens & Young Adults

Having good oral health is important for your smile, your confidence and overall health. Brush your teeth twice a day, floss daily and visit a dentist regularly.

Wisdom teeth

- Wisdom teeth usually come in during the late teens or early 20s.
- They may cause symptoms like swelling, infection and jaw pain, if they do not have enough space in your mouth to come in.
- With dental X-rays, the dentist can determine whether your wisdom teeth have enough space to come in or if they should be removed.

Mouthguards for sports

- Protect your teeth by wearing a mouthguard when participating in contact sports.
- A custom-made mouthguard fabricated in a dental setting provides the best fit and protection.
- After every use, properly clean and dry your mouthguard before storing in it's container.
- Check your mouthguard regularly and wear it properly.

Vaping, cannabis and tobacco products

- These products may stain your teeth, cause bad breath and lead to gum disease.
- They may increase your risk of oral health issues, including oral cancer.
- Visit your dentist regularly to monitor any changes in your mouth.

Vomiting/illness

- Frequent vomiting may cause teeth to wear thinner due to repeated contact with stomach acids. This is called tooth erosion.
- Teeth exposed to these acids are more sensitive, appear more yellow, chip easily and are at higher risk of cavities.
- Rinse your mouth with water after vomiting. Wait at least 30 minutes before brushing your teeth. This helps reduce the spread of stomach acids on your teeth.

Oral piercing

- Oral piercing may cause swelling and infection to the area.
- Surrounding teeth may chip or break.
- Nerve damage is possible, depending on the chosen area.
- If you decide to get an oral piercing, talk to a dental professional about the safest piercing options. Choose a reputable piercer and follow proper care instructions.

Oral sex

- Some sexually transmitted infections (STIs), like human papillomavirus (HPV), can be passed through skin-to-skin contact, including during oral sex.
- Having multiple oral sex partners can raise your risk of developing mouth and throat cancers later in life.
- Oral sex isn't risk-free. Use barriers, get the HPV vaccine and see your dentist regularly.

Call the Health Unit to inquire about available dental programs for *eligible* children, adults and seniors at **1.800.563.2808** ext. **5227.**

my*healthunit*.ca/DentalHealthPackages