

Delta Dental of Minnesota



## Infants Birth - 18 months



## Preschool (3-5 years)



## School Age



## Teens

 <b>Brushing</b>	<p>Clean gums with a soft cloth until teeth begin to develop. At 4-7 months teeth will begin to erupt. Start brushing your baby's teeth for two minutes, twice daily with a small amount of fluoride toothpaste.</p>	<p>By age 3, a full set of 20 primary teeth will be in place. Brush with a small amount of fluoride toothpaste, twice daily.</p>	<p>Children should be brushing for two minutes, twice daily with fluoride toothpaste.</p>	<p>Teens should be brushing for two minutes, twice daily with fluoride toothpaste.</p>
 <b>Flossing</b>	<p>Likely too early to start flossing.</p>	<p>Once teeth begin to touch, children can begin flossing twice a week.</p>	<p>Children should be flossing regularly, once daily.</p>	<p>Encourage your teen to floss daily.</p>
 <b>Cleanings &amp; Exams</b>	<p>Children should visit the dentist when their first tooth arrives or by their first birthday.</p>	<p>Be sure to take your child to the dentist once per year or as often as the dentist recommends.</p>	<p>Be sure to take your child to the dentist once per year or as often as the dentist recommends.</p>	<p>Be sure to take your teen to the dentist once per year or as often as the dentist recommends.</p>
 <b>Fluoride</b>	<p>Use a small amount (pea-sized) of fluoride toothpaste to brush your baby's teeth once they appear. Encourage drinking tap water instead of other sugary beverages.</p>	<p>Use a small amount (pea-sized) of fluoride toothpaste to brush your baby's teeth once they appear. Encourage drinking tap water instead of other sugary beverages.</p>	<p>Higher-risk children ages 6-18 should get two or more fluoride treatment each year.</p>	<p>Higher-risk teens should get two or more fluoride treatments each year.</p>
 <b>Sealants</b>	<p>Likely not needed but consult with your dentists.</p>	<p>Likely not needed but consult with your dentists.</p>	<p>Higher-risk children ages 6 to 9 should get sealants on their first molars and higher-risk children ages 10-14 should get sealants on their second molars.</p>	<p>Higher-risk teens may require sealants.</p>
 <b>Gum Disease</b>	<p>Gum disease is often preventable. Avoid sharing eating utensils and bottles and avoid "cleaning" your child's pacifier with your mouth.</p>	<p>Frequent consumption of sugary foods and beverages can lead to cavities and gum disease. Teach your child about how decay develops and model good oral health behavior.</p>	<p>Frequent consumption of sugary foods and beverages can lead to cavities and gum disease. Teach your child about how decay develops and model good oral health behavior.</p>	<p>Frequent consumption of sugary foods and beverages can lead to cavities and gum disease. Be sure to take advantage of preventive care and exams.</p>
 <b>Complex Procedures</b>	<p>Be sure to examine your baby's mouth for changes and share anything concerning with your dentist.</p>	<p>Be sure to examine your baby's mouth for changes and share anything concerning with your dentist.</p>	<p>Encourage kids participating in sports and other potentially dangerous activities to wear a mouth guard.</p>	<p>Encourage kids participating in sports and other potentially dangerous activities to wear a mouth guard.</p>
 <b>Dry Mouth</b>	<p>Likely not applicable, but consult with your dentists should you have concerns.</p>	<p>Likely not applicable, but consult with your dentists should you have concerns.</p>	<p>Likely not applicable, but consult with your dentists should you have concerns.</p>	<p>Likely not applicable, but consult with your dentists should you have concerns.</p>
 <b>Basics</b>	<p>Choose tap water over sugary beverages and limit sugary foods. Pacifiers and thumb sucking can affect the placement of adult teeth, so have a plan to help your child give those up by age 2.</p>	<p>Choose tap water over sugary beverages and limit sugary and starchy foods.</p>	<p>Choose tap water over sugary beverages and limit sugary and starchy foods.</p>	<p>Choose tap water over sugary beverages and limit sugary and starchy foods. Avoid smoking and chewing tobacco.</p>

Learn more at [DeltaDentalMN.org](http://DeltaDentalMN.org)

more on back



## Young Adults



## Adults



## Older Adults

<p><b>Brushing</b></p>	<p>Two minutes, twice daily with fluoride toothpaste.</p>	<p>Two minutes, twice daily with fluoride toothpaste.</p>	<p>Two minutes, twice daily with fluoride toothpaste.</p>
<p><b>Flossing</b></p>	<p>Floss daily.</p>	<p>Floss daily.</p>	<p>Floss daily.</p>
<p><b>Cleanings &amp; Exams</b></p>	<p>Visit your dentist regularly and be sure to take advantage of preventive care.</p>	<p>Visit your dentist regularly and be sure to take advantage of preventive care which may detect problems before they become more complex, painful or costly.</p>	<p>Visit your dentist regularly and be sure to take advantage of preventive care which may detect problems before they become more complex, painful or costly.</p>
<p><b>Fluoride</b></p>	<p>Fluoride through your toothpaste and drinking water likely will be sufficient, but some higher risk adults may need additional fluoride treatment.</p>	<p>Fluoride through your toothpaste and drinking water likely will be sufficient, but some higher risk adults may need additional fluoride treatment.</p>	<p>Fluoride through your toothpaste and drinking water likely will be sufficient, but some higher risk adults may need additional fluoride treatment.</p>
<p><b>Sealants</b></p>	<p>Not needed, but consult your dentist.</p>	<p>Not needed, but consult your dentist.</p>	<p>Not needed, but consult your dentist.</p>
<p><b>Gum Disease</b></p>	<p>Gum disease can be prevented or easily treated if discovered early, but, left untreated, can lead to tissue, bone and tooth loss. Be sure to take advantage of preventive care and exams.</p>	<p>Gum disease can be prevented or easily treated if discovered early, but, left untreated, can lead to tissue, bone and tooth loss. Be sure to take advantage of preventive care and exams.</p>	<p>Gum disease can be prevented or easily treated if discovered early, but, left untreated, can lead to tissue, bone and tooth loss. Be sure to take advantage of preventive care and exams.</p>
<p><b>Complex Procedures</b></p>	<p>Visit your dentist regularly and be sure to take advantage of preventive care which may detect problems before they become more complex, painful or costly. If you experience a change in your mouth, discuss it with your dentist.</p>	<p>Visit your dentist regularly and be sure to take advantage of preventive care which may detect problems before they become more complex, painful or costly. If you experience a change in your mouth, discuss it with your dentist.</p>	<p>Visit your dentist regularly and be sure to take advantage of preventive care which may detect problems before they become more complex, painful or costly. If you experience a change in your mouth, discuss it with your dentist.</p>
<p><b>Dry Mouth</b></p>	<p>Likely not applicable, but consult your dentist if you have dry mouth.</p>	<p>Dry mouth is a often a normal part of aging and may lead to an increase in cavities. Many medications have side effects that may include dry mouth.</p>	<p>Dry mouth is a often a normal part of aging and may lead to an increase in cavities. Many medications have side effects that may include dry mouth.</p>
<p><b>Basics</b></p>	<p>Choose tap water over sugary beverages and limit sugary and starchy foods. Avoid smoking and chewing tobacco.</p>	<p>Choose tap water over sugary beverages and limit sugary and starchy foods. Avoid smoking and chewing tobacco. Be sure to inform your dentist about health related diagnosis you may be undergoing and medications you may be taking as part of treatment.</p>	<p>Choose tap water over sugary beverages and limit sugary and starchy foods. Avoid smoking and chewing tobacco. Be sure to inform your dentist about health related diagnosis you may be undergoing and medications you may be taking as part of treatment.</p>

Learn more at [DeltaDentalMN.org](http://DeltaDentalMN.org)