



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 out for gingivitis 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.

