

# Oral Health Matters

Working together to improve your oral health

## DENTAL CARE for TEENAGERS



### **Remember your teenagers need to take care of their teeth too!**

Visiting the dentist is especially important for teens. When they turn 21, they will lose their dental benefits under TennCare.

If your teen is afraid to visit the dentist, tell them that new techniques have made dental treatment much more comfortable. Let them take a friend with them for support. Let them know that the dentist is there to help them.

Teens are sometimes in too big of a hurry to take care of their teeth so you may need to remind them that **they** are responsible for their teeth and they should:

- Brush twice a day with fluoride toothpaste
- Clean between their teeth daily with floss
- Limit snacks and eat healthy, well balanced meals
- Limit soft drinks, including diet soft drinks
- Visit the dentist every 6 months

### **Schedule a visit to the dentist for your teen before their benefits stop!**

**If you need help finding a dentist & have TennCare<sup>SM</sup>  
Call Doral Dental Customer Service at 1-888-233-5935  
Or visit our website [www.doralusa.com](http://www.doralusa.com)**



Interpretation and translation services are free to the enrollee; please call Customer Service at 1-888-233-5935 for more information.

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