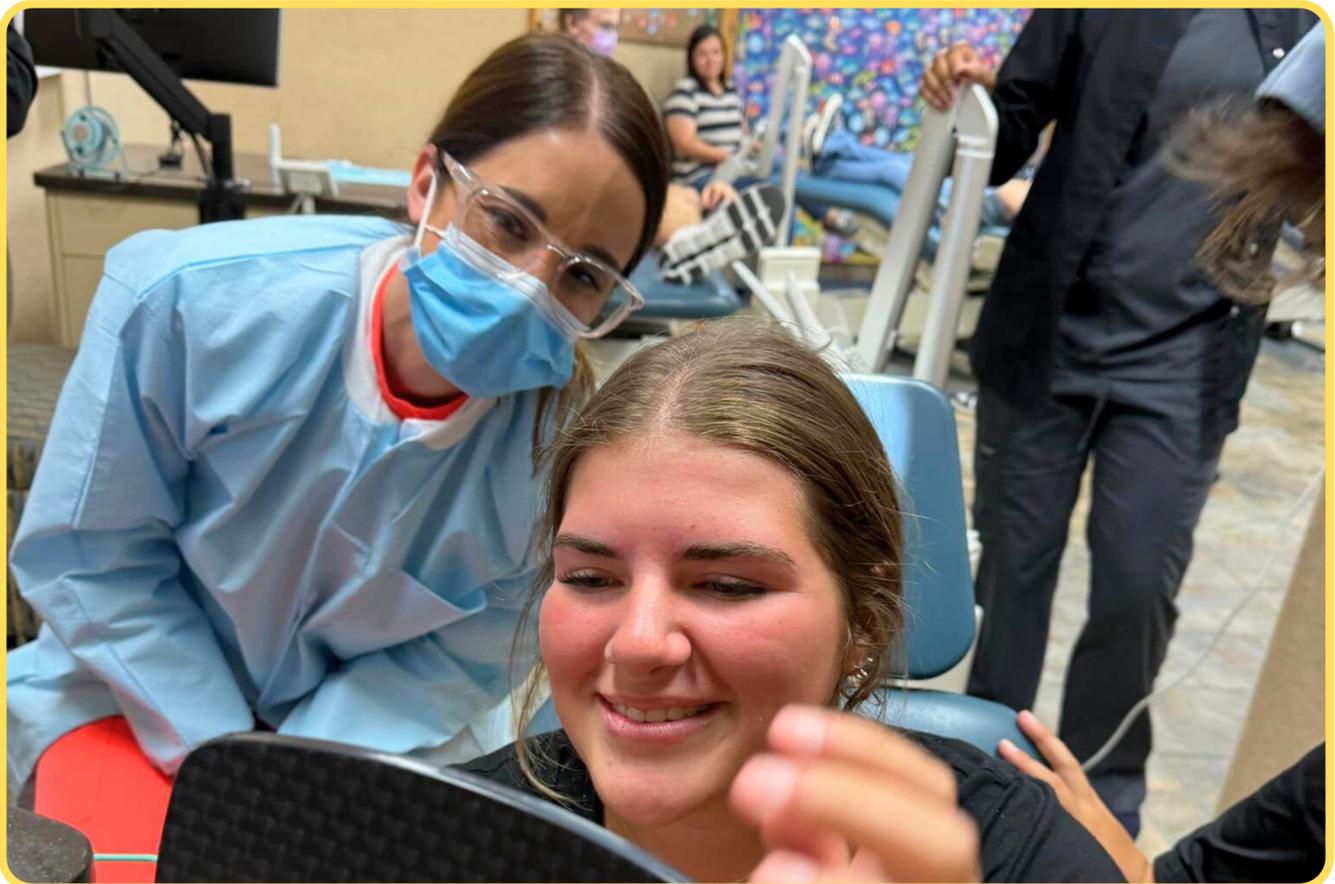


# Guide to Pediatric Dental & Orthodontic Milestones

## From 13 to 18 years old



*Hey there!*

Dr. Miller here! Thank you for taking the time to learn about the best practices for your child's oral and orthodontic hygiene.

This valuable resource provides a great starting point to get your child on the path to a healthy smile for life.

In addition to the information in here, we recommend that your child see a dentist every 6 months for a professional cleaning and checkup to ensure their dental health is in its best shape.

For over 20 years, families just like yours have counted on Quest to provide the best possible pediatric dental and orthodontic care, and we'd love to welcome you into our Quest Family of Smiles, too!

*Sincerely,  
Dr. Miller*



*Hello!*

I'm Dr. Lindsey, your Quest Orthodontist!

Thanks for joining us in learning how to support your child's healthy smile as they grow.

The preteen and teen years are an important time in the development of a child's teeth because it also affects their confidence.

Orthodontic care plays a big role in helping kids feel capable to take on new milestones with a smile they want to share.

We're proud to guide families through this phase with expert care that ensures a smooth process.

If you ever have questions about your child's development or Quest's orthodontic options, we're always here to help.

*Thank you,  
Dr. Lindsey*

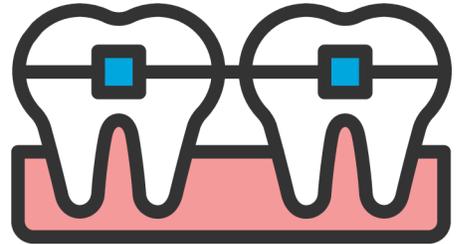


# Healthy Smiles that Last a Lifetime



## Did You Know...

The teen years are optimal for orthodontic treatment?



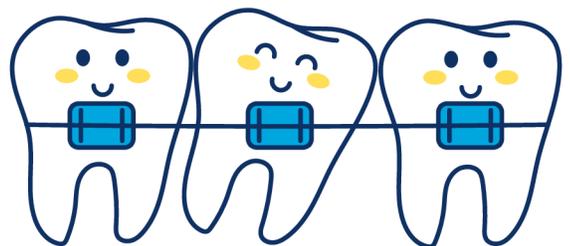
Once all permanent teeth have erupted, it's time to consider orthodontic care for not only a straight smile, but for long-term confidence and oral health.

## Ortho Options:

-  Traditional metal braces
-  Clear braces (less visible)
-  Clear aligners (removable)



Braces aren't just for kids! Quest provides orthodontic services for adults, too!

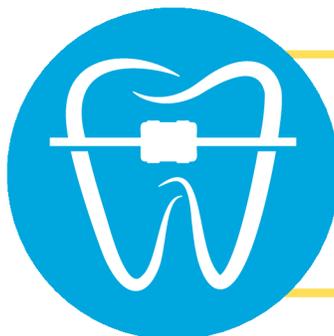
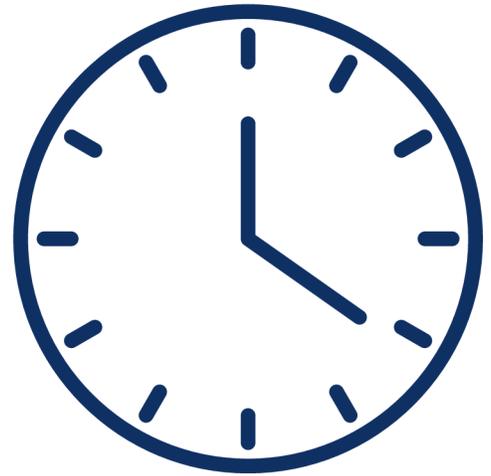


# The Teeth-Straightening Timeline

Treatment usually takes about 2 years, but more complex cases may take longer.

What slows down treatment?

- ✗ Poor oral hygiene
- ✗ Broken wires or brackets
- ✗ Not wearing rubber bands



## Ortho Treatment Tip!

Following your doctor's instructions mean shorter treatment time, fewer complications, and a better result!

# Healthy Ortho & Oral Hygiene

More attention to cleaning and oral hygiene is required throughout orthodontic treatment.

Here's why it's so important:

- 🦷 Food and bacteria is easier to trap with braces
- 🦷 Plaque buildup leads to permanent enamel scarring
- 🦷 Neglect can delay or even pause treatment



Healthy teeth are  
more important  
than straight ones!



### **Tooth Tip**

Use an orthodontic toothbrush or water flosser to get tough spots

### **Important!**

Never skip your nightly cleaning routine:  
brushing, flossing, mouthwash, etc.!



# Sodas, Sports Drinks, and Smile Setbacks

Teens love sweet drinks, from sports drinks to energy drinks and coffee, but these beverages post problems for oral health.



## Did You Know...

It's not just sugar, but also the acids in sweet drinks that make them dangerous for teeth.

Sports drinks and energy drinks often have more acid than soda.



Sipping slowly over time means constant exposure to enamel-eating acid

## Tooth Tip

After drinking sodas or energy drinks, rinse with water to neutralize acids and try not to sip for hours at a time



# Dental Accidents: What To Do

Accidents happen, but if a **permanent tooth** is damaged, this is your guide for action:

## Tooth **knocked out**?

Place it in a small container of milk.

**Do not** try to reinsert it

## Tooth displaced but still in the mouth?

Leave it in place and **don't** try to move it

## Tooth **broken**?

Save the broken piece in a clean container

Call Quest's emergency line **ASAP**

The faster we treat, the **better** the outcome

## **Important!**

If your child has **facial trauma** or **loses consciousness, go to the ER first!**



We'll handle the dental portion of their injury after they've been cleared.

# What About Toothaches?

Toothaches are not fun for anyone, so if your child has one, here's what you can do:

- 🦷 Clean the area around the sore tooth thoroughly
- 🦷 Rinse the mouth with warm salt water
- 🦷 Use dental floss to dislodge impacted food/debris
- 🦷 Do not place aspirin on the gum or on the aching tooth

Whether you call during our normal business hours or not, know that you can call Quest and have your child treated promptly.

## Important!

If the face is swollen or the pain still persists, contact our office **as soon as possible**.



If calling after hours, please listen to our message and follow the instructions.

# Thank you for reading!

Staying on track with healthy teeth means regular checkups.

Schedule your child's appointment with Quest and let's make their next dental milestone a happy one!

**Call or text  
337-984-4747  
or visit [questdds.com](http://questdds.com)  
to book today!**



**Quest**

**PEDIATRIC DENTISTRY  
& ORTHODONTICS**