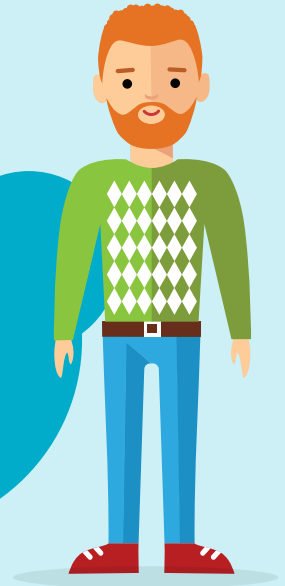




Oral health tips for individuals with special needs



People with special needs due to physical, medical, developmental or cognitive conditions face unique challenges to maintaining good oral health.

Choose a provider with proper training. While most dentists can make accommodations for patients with special needs, some dentists focus on meeting the specific needs of these patients. Schedule a practice visit with no treatment to help familiarize the dental office and exam routine before an appointment.

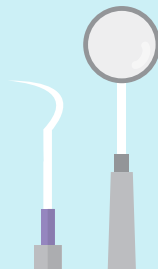


Be open with your dentist about any challenges. Your dentist may be able to offer advice and solutions for better oral health.



Promote a mouth-healthy diet! Focus on fruits and vegetables, lean meats, calcium-rich dairy, and fluoridated tap water.

Tooth decay is common for some people who have special needs. **It's important to have a routine each day to brush and floss.**



Make sure to visit your dentist regularly. Some people may need extra cleanings based on their oral health condition.

Did you know? Delta Dental provides an extra cleaning for those with gum disease.

Source: www.nidcr.nih.gov/health-info/developmental-disabilities/more-info