

# 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.

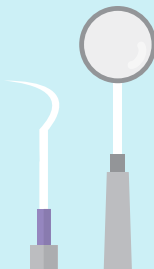


**Promote a mouth-healthy diet!** Focus on fruits and vegetables, lean meats, calcium-rich dairy, and fluoridated tap water.

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



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



**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](http://www.nidcr.nih.gov/health-info/developmental-disabilities/more-info)



For help finding a dentist or scheduling an appointment, visit us online or call 1-866-864-2499.