Dental Care

Before, During and After Pregnancy

BEFORE AND DURING PREGNANCY

Taking care of your mouth is important before and during pregnancy.

Tooth decay and gum disease are infections and can affect you and your baby.

Take care of your mouth before and during pregnancy by brushing with fluoride toothpaste twice a day, flossing once a day and seeing a dentist.

Eat healthy foods that will help you and will give your baby a healthy start. Cut down on sweets like candy, cookies and sugary drinks. Drink water especially between meals and after snacks.

Visit the dentist while you are pregnant. It is safe and can help you have a healthy baby. Good prenatal care includes care of the mother's teeth and gums.

Tips for visiting the dentist while pregnant…

- Tell the dental staff you are pregnant and tell them your due date.
- Tell your doctor if you need help getting dental care or if you are experiencing dental problems.
- Get treatment if needed. It is safe to have dental treatment and x-rays during pregnancy. The dental staff will know how to provide safe treatment that will not harm you or your baby.

Do you experience frequent nausea and vomiting?

- Rinse your mouth with water.
- Eat small amounts of food throughout the day.

If you vomit, rinse with a cup of water containing a teaspoon of baking soda and wait about one hour before brushing teeth.

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AFTER DELIVERY

Maintain good oral health habits by brushing, flossing and visiting the dentist.

Wipe your baby's gums with a soft cloth after every feeding even before teeth arrive.

Clean baby's teeth twice a day after teeth arrive. Use a soft cloth or a toothbrush with soft bristles. Fluoride toothpaste is not recommended for children under 2 years of age. After age 2, use only a pea size amount of toothpaste.

Never put your baby to sleep with a bottle filled with formula, soda, milk or juice. This can lead to tooth decay. If a bottle is necessary, only use a small amount of plain water and consult with your pediatrician.

Don't put juice or soda in a bottle. Only formula, breastmilk, cows milk (after age 1) and water should be placed in a bottle.

The germs in your mouth that cause decay can be passed to your child.

- Don't share eating utensils, cups or straws.
- Clean baby's pacifier with water. Do not place in your mouth to clean.

Take your infant to the dentist when the first tooth erupts and no later than age 1.

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