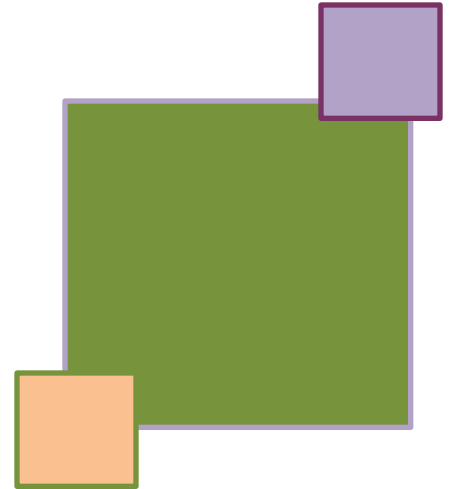


Good Oral Health for Two



While you are pregnant...

Start now

Taking care of your mouth while you are pregnant is important for you and your baby.



Brushing, flossing, eating healthy foods, and getting dental checkups and treatment will help keep you and your baby healthy.



While you are pregnant...

Prevent cavities and gum disease by...

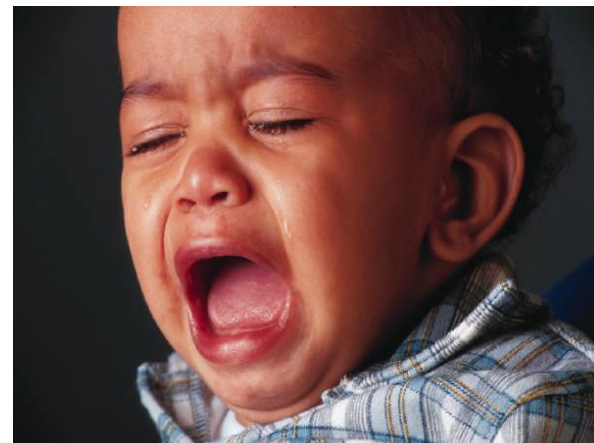
- brushing twice a day; and
- flossing once a day.



While you are pregnant...

Did you know?

Cavities and gum disease are caused by germs. If you have **cavities** that aren't fixed, you can pass these germs to your baby after he/she is born.



If you are pregnant and have **gum disease**, you may be more likely to have a baby that is born too early or too small.



Sometimes people do not know they have gum disease.

How you get cavities



*Plaque is the sticky, yellow stuff that forms on your teeth. Plaque is full of germs. When you brush your teeth, you brush off the plaque and the germs.

While you are pregnant...

Gum disease

Gingivitis is a mild form of gum disease that makes gums red, puffy, or sore.

This occurs when germs in plaque are not cleaned off teeth everyday.

When you are pregnant you can be more likely to get gingivitis.

Brush and floss every day to prevent gingivitis.



Gingivitis

While you are pregnant...

Gum disease

Periodontitis is a worse kind of gum disease.

Gums begin to separate from the teeth, and teeth can become loose.

Periodontitis can cause tooth loss.

If you are pregnant and have **periodontitis**, you may be more likely to have a baby that is born too early or too small.



Healthy mouth



Mild to moderate
periodontitis

While you are pregnant...

Brush and floss

Brush and floss every day to remove plaque from your teeth. Removing plaque helps prevent gum disease and cavities!

- Brush your teeth with a soft toothbrush twice each day
- Use a toothpaste with fluoride in it.
- Floss once a day before bedtime.



Brushing



Outside
Afuera



Inside
Adentro



Top
Sobre



Flossing



Wrap floss around the two middle fingers.

Envuelva un pedazo de hilo dental alrededor de sus dos dedos medianos.



Gently slide between teeth until you reach the bottom of the gum.

Deslice suavemente el hilo dental entre los dientes, hasta que usted llegue completamente al fondo de la encía.



Keep a "C" shape.

Mantenga una forma "C."



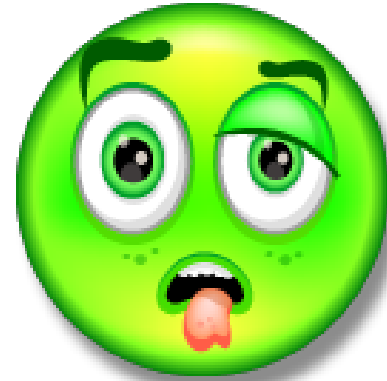
While you are pregnant...

If you feel sick

If you cannot brush your teeth because you feel sick, rinse your mouth with water or a mouth rinse that has fluoride.

If you vomit, rinse your mouth with water to remove the acid left on your teeth.

Do not use a toothbrush right after vomiting. This can damage your teeth.



While you are pregnant...

Eat well

Eat healthy foods

- Fruits and vegetables
- Whole grain products like bread or crackers
- Dairy products like milk, yogurt or cheese
- Fish, chicken, eggs, beans and nuts



Eat fewer sweets like

- Candy
- Cookies
- Cake



While you are pregnant

Drink well

Juice and soda are full of sugar so choose drinks carefully for your child!

The more often you drink sugary drinks, the more likely cavities will form.



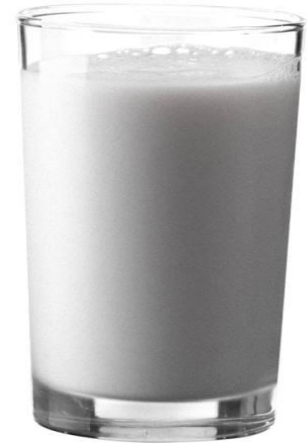
While you are pregnant...

Drink well

Drink water at least a few times a day, especially between meals and snacks.

Drink water or low-fat milk instead of juice and other sugary drinks like:

- soda
- ice tea
- lemonade, and
- fruit-flavored drinks.



While you are pregnant...

Get dental care

Visit a dentist for a check-up if you are pregnant or if you're planning a pregnancy!

It is **safe and recommended** to have dental care when you are pregnant.

Do not put it off until after you have the baby.



While you are pregnant...

Talk to your doctor

If you don't have a dentist - or you need help getting dental care or making an appointment - talk to your doctor or your doctor's staff.



While you are pregnant...

When you make a dentist appointment

Tell the dental office staff that you are pregnant and your due date.

Talk to the dental office about any discount or payment plans they offer. MassHealth or other insurance may cover some of the cost.



After your baby is born...

Feeding

Breast milk is best!
Breastfeed your baby for
6 months or longer if you can.

You can also use a bottle
with breast milk or formula.

Hold your baby and the
bottle when feeding. Do not
prop up the bottle!



After your baby is born...

At nap time or bedtime

You can put your baby to sleep with a bottle, but

- put ONLY WATER in the bottle; and
- NEVER put breast milk, formula, juice, or sugary drinks (like fruit-flavored drinks or soda) in the bottle at sleep time.

IMPORTANT! Never put juice or other sugary drinks in the bottle at any time!



After your baby is born...

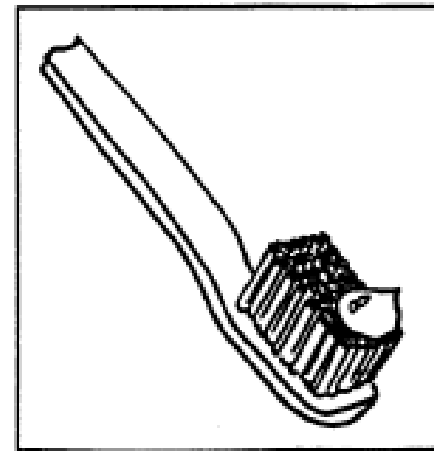
Cleaning

Clean your baby's gums after every feeding even before her first teeth come in.

- Use a clean, damp washcloth.

When your baby gets his first tooth, begin brushing his teeth twice a day.

- Use only a ***small*** smear of toothpaste
- Use a toothpaste with fluoride in it.



After your baby is born...

Don't share

Germs **that cause tooth decay** can pass from your mouth to your baby's mouth.

- Do not put your baby's spoon in your mouth. Use a clean spoon to taste your baby's food.
- Clean your baby's pacifier with water. Do not use your mouth to clean it.
- Do not share toothbrushes! Everyone – babies, children and grown-ups – should have their own!



After your baby is born...

Lift your baby's lip

Every month, check for white spots on your baby's teeth at the gum line.

White spots can be the beginnings of cavities. If you see white spots, bring your baby to the dentist.



After your baby is born...

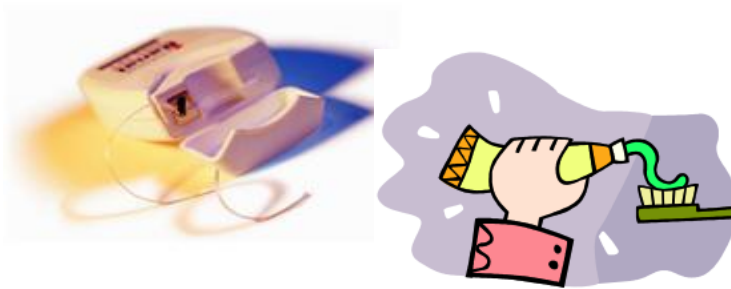
Dental care for your baby

Take your baby to the dentist by the time she is **one year** old to have her teeth and gums checked.



After your baby is born, continue to take care of your own oral health!

Keep flossing and brushing with fluoride toothpaste!



See a dentist for a check-up at least once a year.



Continue to eat healthy foods.



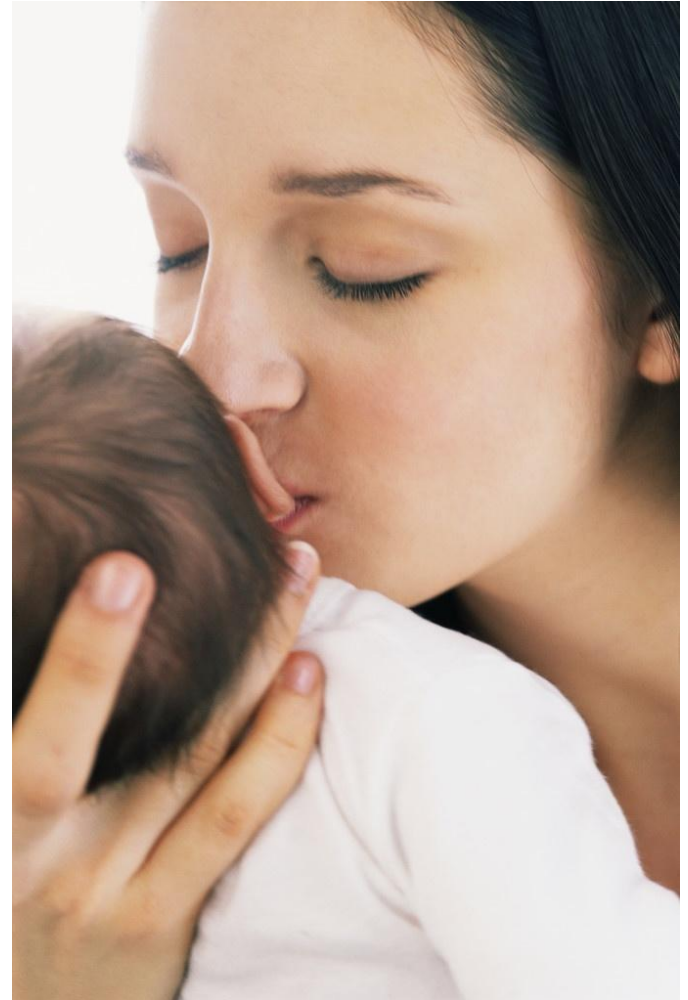
When your mouth is healthy, your baby is more likely to have a healthy mouth, too!

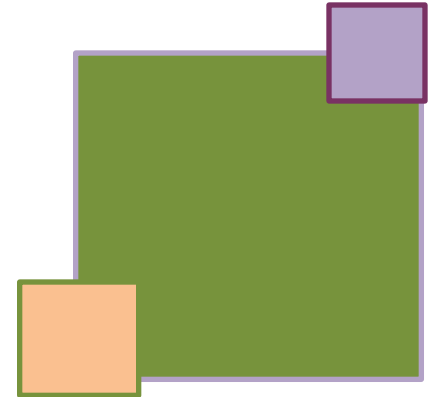
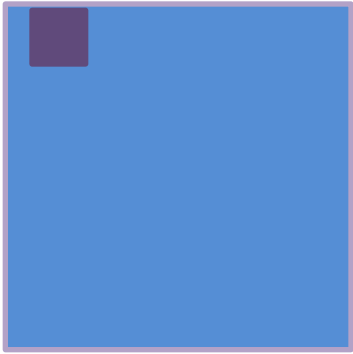


After your baby is born...

Pass your good oral
health habits on to your
children !

They are a gift for life.





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Adapted with permission from Holt K, Clark M, Barzel R. 2009. Two Healthy Smiles: Tips to Keep You and Your Baby Healthy (rev.). Washington, DC: National Maternal and Child Oral Health Resource Center and from the Illinois Department of Public Health.

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