



Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

Taking Care of Your Teeth During Pregnancy



Taking good care of your teeth when you are pregnant may:

- Prevent problems caused by dental disease during pregnancy
- Reduce tooth decay for the infant, and
- Reduce early birth of baby and low birth weight

Pregnancy gingivitis (gum infection) and tooth decay are common diseases that affect women during pregnancy.

- **Pregnancy gingivitis** is red, swollen, and bleeding gums
- **Tooth decay** is the destruction of tooth enamel, that leads to tooth decay and cavities



Gingivitis



Tooth decay

Things you can do to protect your teeth and gums during pregnancy:

- Brush your teeth twice a day with a fluoride toothpaste
- Floss everyday
- Eat a healthy diet that includes foods with calcium and vitamin D
- Limit foods that contain sugars
- Visit your dentist at least once during your pregnancy, best during the second trimester
- Between the 14th and 20th week of pregnancy is the best time to get necessary dental treatment
- Clean your teeth and mouth after vomiting



For more information, please visit the Kane County Health Department's website at kanehealth.com/aok.htm or call 630-208-3801



INFORMATION SHEET - Taking Care of Your Teeth During Pregnancy

Care that will improve your oral health during pregnancy:

- Brush teeth at least twice a day with a fluoride toothpaste and floss everyday.
- Choose fruit rather than fruit juice to meet your recommended daily fruit intake.
- Drink water or low-fat milk instead of carbonated drinks or sodas.
- Get needed dental care during pregnancy. Remember that many treatments can be done throughout pregnancy.
- Tell your dentist that you are pregnant, and talk about safe pain-reducing medicine during dental treatment (anesthesia).

Nausea and vomiting can cause damage to tooth enamel:

It is important to follow these steps when nausea and/or vomiting are present.

- To prevent nausea and vomiting, do the following:
 - Eat small amounts of nutritious foods throughout the day.
 - Eat a few crackers in the morning before you get out of bed.
- After vomiting, do the following:
 - Clean mouth well to remove stomach acid from teeth.
 - Mix a teaspoon of baking soda in a cup of water. Use this solution to rinse mouth and teeth after vomiting to neutralize acid that destroys teeth.
 - Chew sugarless gum after vomiting.

Things to do to reduce the risk of dental decay in young children:

- Your baby's teeth start to develop between the **third and sixth month of pregnancy**. Your diet during pregnancy should include foods containing calcium, protein, vitamins A, C, and D, as well as phosphorous. *(Make sure you check the nutrients on food labels)*
- From birth, wipe baby's gums with a damp washcloth, gauze, or soft bristled toothbrush after each feeding, and right before bedtime (do not use fluoride toothpaste until your child can spit and not swallow).
- Avoid putting your child to bed with a bottle containing milk or juice (if your child needs a bottle to go to sleep, make sure that the bottle contains water).
- Bacteria that cause tooth decay can be passed from mom to baby by day-to-day contact. Avoid cleaning your baby's mouth or dropped pacifier with saliva. Avoid kissing your baby in the mouth; kiss baby on the cheek or forehead instead. Avoid putting baby's spoon in your mouth to taste his food.
- Schedule your baby's first dental appointment by 12 months of age or within six months after the first tooth comes in.

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