

WHY SHOULD YOU SEE A DENTIST DURING PREGNANCY?



FACTS ABOUT ORAL HEALTH

- Most women have some form of gum disease during their pregnancy so it is important to go to the dentist.
- Gum disease may cause the body to start early labor or may lead to diabetes.
- Tooth decay germs can be passed from your mouth to the baby if you kiss them on the lips or share the same meals or drinks.
- Your teeth and gums will require extra care while you are pregnant for your sake and for baby's sake.

DENTAL SERVICES FOR PREGNANT WOMEN

Do you know about dental services for pregnant women? If you have Medi-Cal, you also have Denti-Cal.

If you need help finding a Dentist that accepts Denti-Cal insurance, call:

209-558-7400

or

1-800-834-8171

or

<http://www.denti-cal.ca.gov/provreferral/Stanislaus.pdf>

If you do not have health insurance for your pregnancy please call:
Stanislaus County
Health Services Agency / Public Health
(209) 558-7400 or
1-800-834-8171



Public Health
Prevent. Promote. Protect.

Stanislaus County Health Services Agency PREGNANCY & ORAL HEALTH WHAT YOU SHOULD KNOW



YOUR DENTAL HEALTH DURING PREGNANCY

It is safe to go to the dentist when you are pregnant.

It is OK to have dental treatment including X-rays and local anesthesia if needed.

PERIODONTAL (GUM) DISEASE

- Gum disease is an infection of the gums and the bones that holds your teeth in place.
- The gums become red, swollen and can bleed during brushing.
- Gum disease often happens during pregnancy due to hormonal changes that increase plaque build up.
- Plaque is a colorless film that forms on the teeth.
- Plaque build-up releases toxins that can get in the blood and may be a cause of early labor.
- Regular brushing and flossing removes plaque.
- Certain kinds of chewing gum can help decrease the number of decay-causing bacteria in the mouth. Ask your doctor which ones would be right for you.

HEALTHY EATING HABITS FOR YOUR TEETH

SNACKING

Snacking habits can greatly affect the health of your teeth. Sugars and starches in sweet and sticky foods and drinks are quickly converted into acid in the mouth. Acid causes tooth decay.

HEALTHY SNACK CHOICES

Cheese

Fruits

Salad

Vegetables

Nuts, Seeds

Yogurt

Low or Non Fat Milk

Plain Popcorn



CALCIUM

Getting enough calcium in your diet is very important during pregnancy. You and your baby need calcium for strong teeth and for healthy bone development.

FOODS WITH CALCIUM

Low or Non Fat Milk

Yogurt

Cheese

Dried Beans

Leafy Green Vegetables



A HEALTHY MOUTH DURING PREGNANCY



WHAT YOU CAN DO FOR YOURSELF

- Floss daily and brush your teeth twice a day using toothpaste with fluoride!
- Rinse your mouth with water after meals and snacks.
- Eat a variety of healthy foods and take your prenatal vitamins.
- Drink water or low-fat or non-fat milk. Avoid pop or soda.
- Call to make a dental appointment as soon as you know you are pregnant. The best time to have a dental exam is mid-pregnancy between 4-6 months.

IF YOU HAVE FREQUENT NAUSEA AND VOMITING

- Eat small amounts of nutritious foods throughout the day.
- Rinse your mouth with a teaspoon of baking soda in a cup of water after vomiting. Do not drink it.
- Use a mouth rinse with fluoride before bedtime to strengthen your teeth.