

Teeth *for Two*



Pregnancy and Prenatal Oral Health

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What steps have you taken for a healthy baby?

Are you taking vitamins, including folic acid?

Have you seen a dentist in the last six months?

Do you have any problems now with your teeth or gum?

Have you noticed any bleeding when you brush your teeth?

Are there any foods you don't eat because they hurt your teeth?

Do you have any ongoing pain in your mouth?

Basic Facts: By paying attention to your oral health while you are pregnant, you can better ensure that you have a healthy, full-term baby, that you reduce your risks of dental disease, that you learn to take care of your own teeth and gums, as well as your newborn baby's mouth.

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How to have a healthy baby –

Eat “teeth healthy” foods to protect your baby’s teeth.

Brush and floss your teeth each day.

Get a professional dental cleaning and exam.

Follow through with advice from your dentist.



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How far along are you?

Do you know when your baby's teeth begin forming?

Can you name some ways that you can help your baby's teeth and gums become strong while you are carrying him/her?

What are your thoughts about breastfeeding?

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Your Baby's Teeth are Growing in your womb!

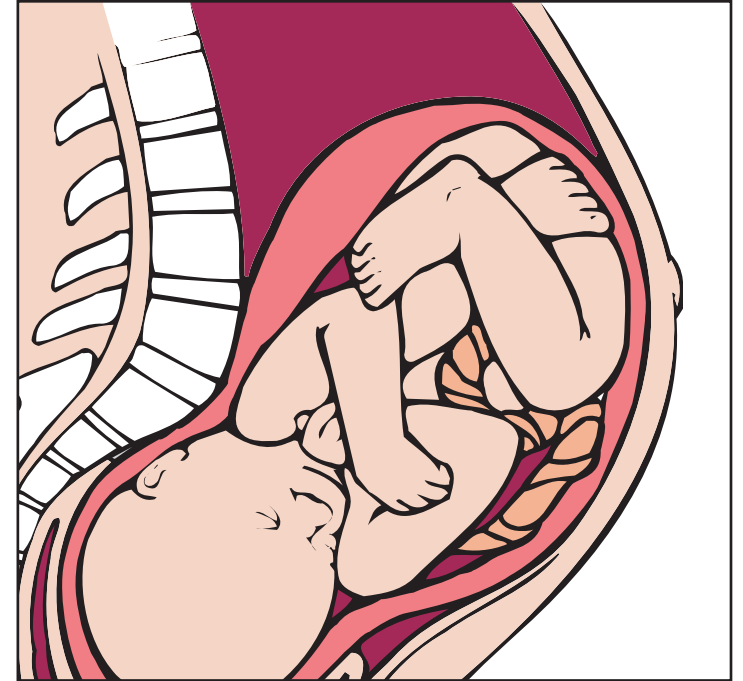
4-5 weeks – primary tooth buds

4-7 weeks – lips

8-12 weeks – roof of mouth

12 weeks – primary teeth start to harden

6 months – permanent tooth buds



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“Lose a tooth for each child” Have you heard women say this?

If you have morning sickness, what do you do after you vomit?

What kinds of foods help you settle your stomach?

Would you be willing to try something different?

Basic facts: Morning sickness and other times when women’s stomachs are upset can increase the risk for oral disease. Acid in vomit can eat away at enamel, as can carbonated beverages and carbohydrates in crackers. This is an opportunity to teach women how to “switch” to “teeth healthy” food. If you don’t brush before bedtime, acid in your mouth increases 30 times.

How To Care For Your Teeth

Brush with fluoride toothpaste, rinse with flouridated mouth rinse, especially just before bedtime.

If you have morning sickness, rinse with water, add 1/2 teaspoon of baking soda to reduce the acid in your mouth.

Wait thirty minutes to brush your teeth to let the acid dissolve.

What foods do you like that are carbohydrates?

Example: donuts, chips, ice cream

When do you eat these foods – at meals, between meals as snacks?

What foods do you like that are not carbohydrates?

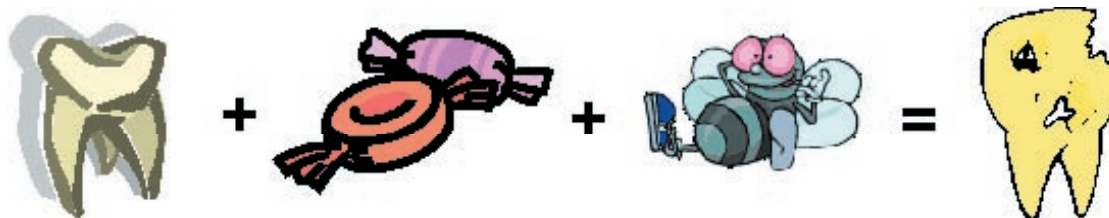
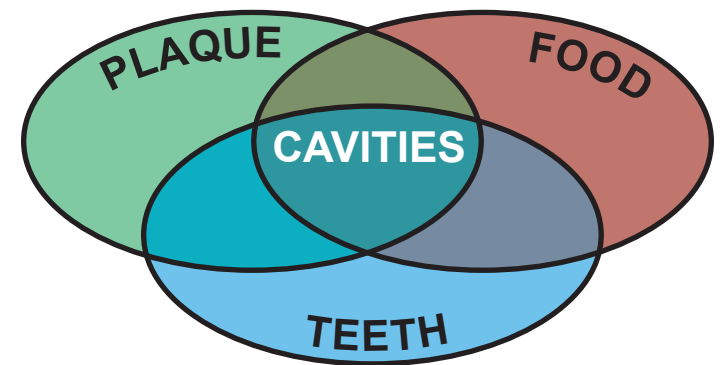
Example: meat, fruits, vegetables

What substitutes can you find for carbohydrates as snacks?

How Decay Starts

For cavities to form, you need three things:

- Plaque: *bacteria on your teeth*
- Food: *carbohydrates and sugars*
- Teeth



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What do you find yourself craving?

What time of day do you feel like you're starving?

What is your favorite "snack?"

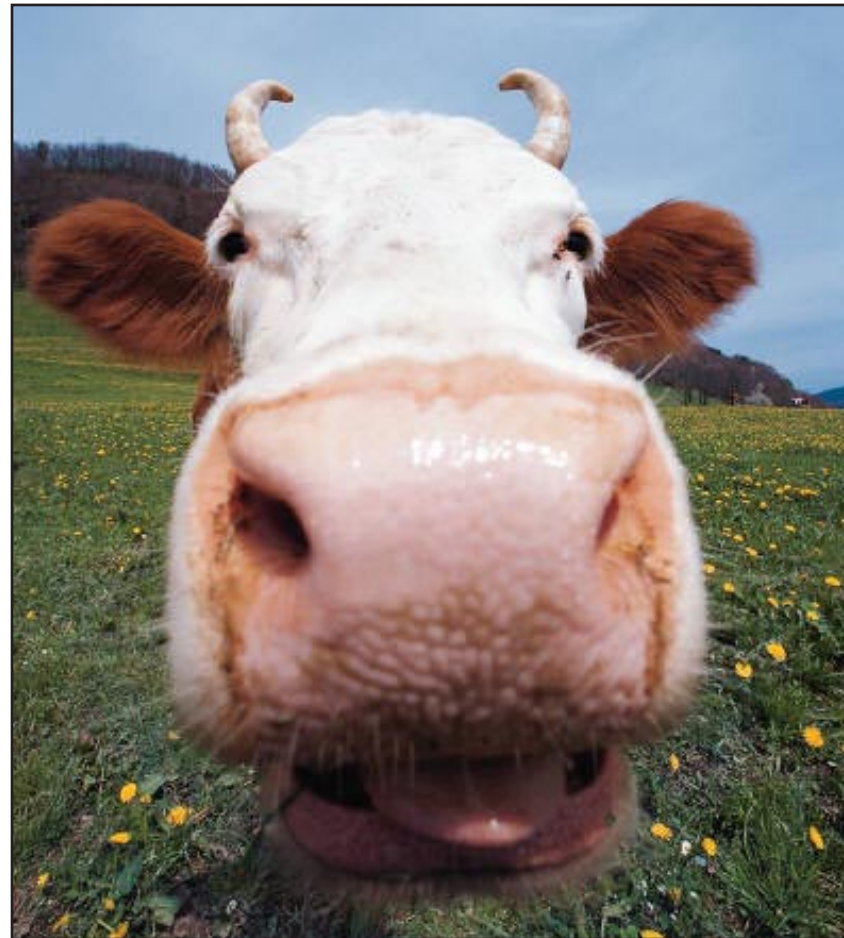
What foods do you keep in the house or at work to snack on?

Basic facts: Grazing means eating and drinking at will, multiple times between meals. Every time we eat food high in carbohydrates, acid combined with bacteria attacks the enamel for 20 – 30 minutes. When we graze all day long, we are exposing our teeth to continual bath of acid. It is better to consume high carbohydrate foods at meal times, and snack foods low in carbohydrates.

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Beware of Grazing
Avoid all-day snacking



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What are your favorite foods?

What of the foods that contain iron are you most likely to eat?

What about calcium?

What about folic acid? Vitamin C? Vitamin B?

Smart Snacking for Healthy Teeth and Gums

Iron: Meat, dried beans, dark, leafy vegetables,
whole grain bread and cereal

Calcium: Milk, yogurt, cheese

Folic acid: Dried beans, oranges, strawberries



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What kind of toothbrush and toothpaste do you use?

Do you know when to replace your toothbrush?

What about flossing?

What did your parents say about brushing?

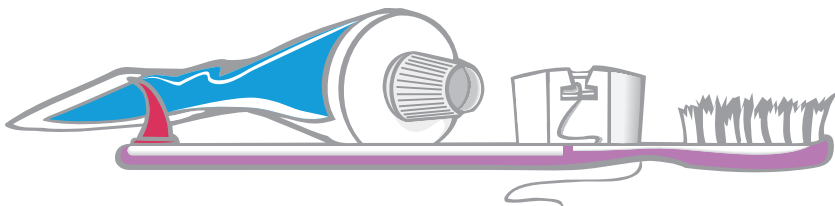
What would you like to do differently for yourself and your children?

Basic facts: When pregnant, you are brushing for two. By keeping your teeth clean, you are taking steps toward a healthy pregnancy. Thorough brushing means brushing 2-3 teeth at a time, on all surfaces, along the gum line, using fluoride toothpaste. Best to spit but not to rinse with water. Brush at least twice each day, and always just before bedtime. Floss daily to remove food between teeth.

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Healthy Teeth For You and Your Baby



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When was the last time you had your teeth cleaned?

What do you remember about the experience?

When you brush your teeth do you notice blood?

Do your teeth or gums hurt, especially when you chew?

Basic facts: When pregnant, you may experience changes in your teeth and gums, starting in the second or third month. Gingivitis means bleeding, puffiness, and tenderness in the gum tissue. Brushing and flossing helps control gingivitis. Every pregnant woman deserves to have a dental professional clean and examine her teeth, ideally during the second trimester. The hormonal changes that occur during pregnancy cause an increased reaction to plaque resulting in bleeding and swollen, red gums which are signs of gum disease.

Signs of cavities or gum disease include...

Red or swollen gums

Tender gums

Bleeding gums

Loose teeth

Sensitive teeth

Pain when chewing

Pus around teeth and gums

Tarter (brown, hard deposits) on tooth surfaces

Bad breath



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Have you ever looked at your teeth and gums in a mirror?

If you see bleeding when you brush, what's your reaction?

Did you know that brushing of gums and tongue, as well as teeth, is part of good hygiene?

Did you know that germs collect on your tongue?

Basic facts: When your gums are healthy, you can see signs of health.. The gums are an even color, depending on your natural skin pigmentation, scalloped around the gum line. You don't see any swelling. You can look in the mirror and lift your lip to check out your gums.

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Healthy Gingiva

Even pink color

No swelling

Scalloped around teeth

Triangular shape between teeth



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When you have noticed bleeding during brushing, what was your reaction?

What do you think happens when a dentist or dental hygienist cleans your teeth?

What would you like to know about what you can do to have healthy teeth and gums?

Basic facts: Gingivitis is an infection in your gums. It happens in pregnancy because of changes in hormones and poor oral hygiene. Daily thorough brushing and flossing removes the plaque that builds up along the gum line. Gingivitis and periodontitis (severe gingivitis) are treated by dental professionals mostly with cleaning and mouthrinses. You must follow through on their recommendations to have good oral health.

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Gingivitis

Redness and swelling

Gums puffy between teeth

Bleeding

Tender

Bad breath



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When you hear the word “dentist”, what comes to mind?

What is the difference between a dental hygienist and a dentist?

What support do you need to make the dental appointment and keep it?

Basic facts : Dental care during pregnancy is safe, essential, and effective. Dental professionals can prevent or reduce problems with teeth and gums. It is essential to have a thorough dental cleaning and exam, usually in the second trimester. You will learn ways to keep your teeth and gums healthy.

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Have A Dental Checkup

Dental care during pregnancy is important to your baby's health

Essential: professional cleaning and exam

Follow through on dental recommendations



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