

Prenatal Dental Care



It's Important to.....
Eat the Right Foods

Because You're "Eating for Two"

Your baby uses the food you eat to grow and develop while you are pregnant.



For example, your baby needs calcium to develop bones and teeth.

If you don't eat foods with calcium, cells that make up the gums, jaws and teeth of your baby may not develop properly. Your teeth may suffer too.

It's Important to..... **Brush and Floss**

There's bacteria in our mouths all the time. Bacteria feed on carbohydrates like sugar and can cause decay (cavities).

The more sweets you eat, the more chance of tooth decay .

Limit eating sweets and brush your teeth twice a day, so that bacteria doesn't have a chance to cause a cavity.

Gum disease also comes from the bacteria in our mouths.

If the bacteria is not removed, it builds up and starts to irritate the gums.

Gum disease can hurt your baby. In fact, 18% of all premature births are caused by gum infections!

You can prevent gum disease if you:

- Brush twice a day and floss once a day, especially before you go to bed.
- Have your teeth cleaned by a dentist every 6 months.

It's Important to..... Go to a Dentist

It may be necessary to take x-rays. A lead apron will be used to prevent any possibility of exposure to the unborn child.

If treatment of your teeth is needed, the dentist can schedule it during your second trimester.

Tell the dentist if you are taking any prescription drugs. Your dentist can consult with your medical doctor, if necessary.

***DON'T BE AFRAID TO ASK
QUESTIONS OF YOUR MEDICAL
DOCTOR AND DENTIST.***



Dental Problems During Pregnancy

Inflammation of the gum tissues occurs during pregnancy in approximately 50 percent of pregnant women. It is often termed "pregnancy gingivitis." Gums may be swollen and red, and they may bleed a little. If this occurs, you should visit your dentist. Treatment usually involves a cleaning and improving your oral hygiene.

By the way, you don't have to lose teeth during pregnancy. If you do, it's because of poor diet and poor oral care. Your baby is taking calcium from the foods you eat and if you don't get enough calcium for both of you, your teeth may suffer.



Remember, for your health and your baby's health, during your pregnancy:

- **Eat the Right Foods**
- **Brush and Floss**
- **Go to a Dentist**



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