

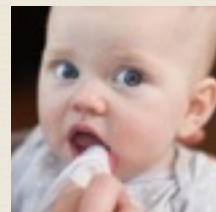
TIPS TO GET THE BEST DENTAL HYGIENE BEFORE, DURING AND AFTER YOUR PREGNANCY...

- Brush at least twice a day with a fluoridated toothpaste. If gums are swollen and tender due to pregnancy gingivitis, try switching to a soft toothbrush.
- Floss daily to help strengthen the gums and decrease your chance of having pregnancy gingivitis.
- Rinse daily with an antiseptic or fluoride-containing mouthwash to kill bad bacteria and prevent cavities.

Pay particular attention to any changes in your gums during pregnancy. If tenderness, bleeding or gum swelling occurs at any point, talk to your dentist.



- ❖ **Anticipatory guidance:** Receiving oral health education based on the child's developmental needs to promote oral health and prevent disease.
- ❖ **1st dental visit** within six months of eruption of the first tooth and no later than 12 months of age.
- ❖ **Cleaning a newborn's mouth:** Wrap a damp gauze, cotton or cloth around your finger and gently put your finger inside your baby's mouth. Wipe the upper and then the lower gum pad once.
- ❖ **Brushing baby's teeth:** As soon as teeth erupt, you can start using a toothbrush with fluoride toothpaste the size of a grain of rice. You can increase to a pea sized amount of fluoride toothpaste when your child is 3 years old. Once two teeth start to touch flossing should be started.
- ❖ **Bottle feeding:** Must finish bottle before nap time or bedtime. Sugary liquids during the day or while in bed are discouraged. Tip: give diluted juice only at mealtime.
- ❖ Avoiding **vertical transmission** because cariogenic bacteria (especially mutans streptococci) are transmitted soon after the first teeth erupt, decreasing the mother's bacterial levels may decrease the child's risk of developing early childhood caries. It is recommended that parents be encouraged to visit a dentist to ensure their own oral health.



GUM DISEASE AND PREGNANCY



WARNING SIGNS

- * bad breath that won't go away
- * bleeding when you brush and floss
- * swollen and tender gums
- * loose teeth

SYSTEMIC CONDITIONS ASSOCIATED WITH GUM DISEASE

- | | |
|-----------------------|-------------------|
| * stroke | * ulcers |
| * respiratory disease | * osteoporosis |
| * heart disease | * arthritis |
| * diabetes | * pre-term births |



SIGNS AND SYMPTOMS OF GUM DISEASE DURING PREGNANCY

- red or swollen gums
- tender or bleeding gums
- sensitive teeth
- difficulty or pain when chewing
- loose teeth



DID YOU KNOW....

1. During pregnancy your gums are more likely to become inflamed because of hormonal changes
2. Major studies have shown that there is a link between gum disease and premature birth *
3. Moms-to-be with chronic gum disease are four to seven times more likely to deliver prematurely (before gestational week 37) and underweight babies *

* *The Journal of the American Dental Association* (2015)

STAGES OF GUM DISEASE

