Dental visits during pregnancy are safe and recommended!

- Mother’s oral health affects baby. Hormonal changes can cause swollen and bleeding gums and changes in eating habits.
- Mother with poor oral health increases cavity risk for babies.

Oral Care During Pregnancy

- Continue regular oral hygiene, brush twice and floss once daily.
- Eat nutritious foods.
- Continue regular dental checkups.

Mothers can transmit bacteria by:

- Sharing feeding utensils.
- Testing food temperatures in mouth.
- Sharing toothbrushes.
- Pre-chewing food for child.
Baby’s First Dental Visit

By First Birthday:

• Infants are not born with decay-causing bacteria, it comes from mother/caregiver.

• Begin oral hygiene as an infant.

• After the first tooth appears, wipe teeth after feeding with soft bristle toothbrush or cloth.

• Use a tiny rice size of fluoride toothpaste.

• Practice good feeding habits.

• Avoid putting baby to bed with bottle or cup filled with anything but water.

Schedule dental visit by the first birthday!