

# Teeth for Two

**Dentists and Registered Dental Hygienists are your partners for a healthy pregnancy and a health baby**

*How to plan for your dental visit*

- Call now for an appointment
- Put the date and time on your calendar. Post it on your refrigerator!
- Always keep your appointment
- If you need a ride or a babysitter, ask people to help you
- If you feel anxious, ask a friend to go with you
- Smile, you will be in good hands

**See Your Dental Professional for an exam and cleaning**

DDS/RDH: \_\_\_\_\_

Address: \_\_\_\_\_

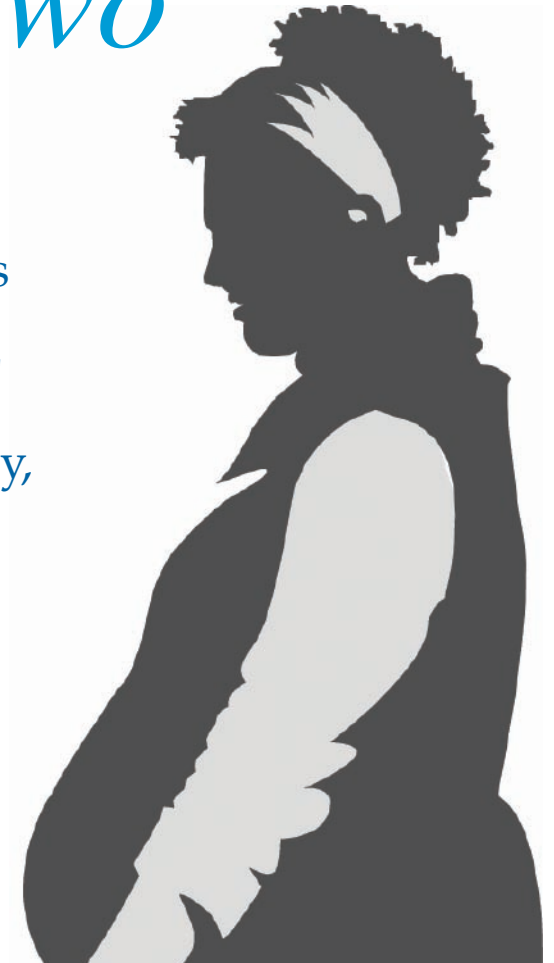
Phone Number: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**Please call immediately if you need to cancel your appointment**

Oral Health is  
Important for  
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and Your  
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# Teeth *for Two*

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*A Healthy Mouth affects you, your baby, and your pregnancy. Below are tips for your oral health care. Remember, your baby's teeth are forming in the fourth week of your pregnancy, so start taking care of your gums and your teeth now. Your baby depends on it.*

## Have a Dental Checkup

Have your teeth cleaned and checked by a dental professional in your second trimester and early in the third trimester. If you have pain and bleeding in your mouth, tell your doctor and see a dentist right away. Your germs that cause cavities can be passed on to your newborn.

## Brush and Floss Daily

You should brush your teeth at least twice a day, especially just before you go to sleep. Use fluoride toothpaste and a soft-bristled brush, plus a mouth rinse with fluoride. Brush front, back and top of all teeth, especially where your teeth and gums meet. Plaque builds up around the gum line, putting you at risk for cavities and gum disease. Germs also hide in your tongue, so brush it, too. Flossing between teeth helps attack the plaque where your toothbrush can't reach.

## Practice Good Nutrition Habits

Eating right is good for your pregnancy, your baby, and your teeth. You need to take in iron, folic acid, and calcium for your baby's teeth. When you're pregnant, it is tempting to eat frequently. But grazing on sweet and starchy foods or soft drinks causes an increase in "acid attacks" on your teeth's enamel, putting you at risk for cavities. If you continue to eat, the acid stays around to harm your teeth. It's best to eat sweet and starchy foods at mealtimes and in moderation.

## Seek Prenatal Care

Follow the advice of your health care professional. This is important for your health and for your baby's health.

## Expecting a baby? Are you going to be a mother?

We know that you want to have the best for your newborn. You want your newborn baby to be healthy, right from the start!

You may not know that your teeth have so much to do with your baby's health. Here's a simple self-assessment you can take to find out if you are at risk for a dental problem. Take time to look in a mirror, lift your lip, and then answer these questions:

- Yes  No  Red, swollen, or tender gums
- Yes  No  Bleeding gums while brushing or flossing your teeth
- Yes  No  Loose or separating teeth
- Yes  No  A change in the way your teeth fit together when you bite
- Yes  No  A change in the fit of partials or dentures
- Yes  No  Tooth loss
- Yes  No  Pus around your teeth and gums
- Yes  No  Persistent bad breath
- Yes  No  Pain when chewing
- Yes  No  Gums receding (pulling back from your teeth) or your teeth appear longer than before

If you answered "yes" to any one of these questions, see a dental professional for health teeth and gums... and a healthy baby.

## Have questions? Find the answers!

*Early detection by a dental professional is the best answer.*