Why YOUR Dental Health is Important

Hormonal changes from pregnancy put you at higher risk for gum disease and cavities.

Poor oral health has been associated with complications during pregnancy.

Tips for Baby

⭐️ First Visit: Visit for the first tooth or first birthday.
⭐️ Baby Bottle: Stop using baby bottle and breastfeeding by first birthday. Avoid juice and nonstop suckling.
⭐️ Sugar: Limit sugary foods, drinks, and sticky foods with sugar or white flour.
⭐️ Fluoride Varnish (FV): Baby can get FV from MD, RN or dentist.
⭐️ Water: Local tap water is fluoridated-drink it (6 months and older)!

Tips for Parents

⭐️ Go to the Dentist: Maintain your dental health with regular check-ups and cleanings.
⭐️ Snack Smart: Choose healthy foods over sugary snacks.
⭐️ Good Habits: Pass down good oral hygiene habits to your child.
⭐️ Fluoride Varnish (FV): Request FV at your dental cleaning.

Children’s Dentistry Clinic
155 Fifth Street, Second Floor
San Francisco, CA 94103
415.929.6550
Monday - Friday, 9:00 am - 5:00 pm
dental.pacific.edu/children

Expecting a Baby & Keeping Your Mouth Healthy
Baby is Coming!

Talk to Your Dentist
Tell your dentist as soon as possible:
• What trimester you are in.
• If you are on any medications.
• If your doctor said your pregnancy is "high-risk."

What Should You Do?

At Dentist
• Have dental check-ups at least every 6 months.
• See dentist if you notice problems.
• X-rays are safe.
• Fillings and crowns are safe and encouraged to prevent infections.
• Locally injected anesthesia is safe.

At Home
• Brush twice daily with fluoridated toothpaste.
• Floss at least once daily.

Morning Sickness
Stomach acid can damage your teeth. Harsh brushing and mouthwash can make this worse. Instead, after morning sickness:
1. Rinse with water or baking soda (sodium bicarbonate).
2. Wait 30 minutes before brushing, to protect tooth enamel.

Baking Soda Recipe
¼ Teaspoon Baking Soda + 1 Cup Warm Water

Gagging After Brushing
• Change your toothpaste flavor.
• Switch to a smaller brush head.
• Rinse and spit before brushing your back teeth.

Cravings and Diet
• Avoid foods that are sugary, sticky or acidic.
• Avoid overly frequent snacking — aim for no more than 2 snacks outside mealtimes.

Baby is Here!

Your Mouth
• **Breastfeeding:** It is safe to breastfeed after dental treatment with local anesthesia.
• **Don't Share Germs:** Don’t put pacifiers or eating utensils in your baby’s mouth after they have been in yours.

What Should You Do?

At Dentist
• Continue visiting dentist

At Home
• Brush twice daily with fluoridated toothpaste.
• Floss at least once daily.

Baby’s Mouth
• Clean gums with a soft clean damp cloth once daily.
• Check baby’s gums and teeth at least once monthly to look for decay.
• After the first tooth has erupted, begin brushing twice daily.

Timeline:

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<th>Timeframe</th>
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<tbody>
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<td>1st tooth erupts</td>
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