
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 **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.

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)!



Children's Dentistry Clinic

155 Fifth Street, Second Floor

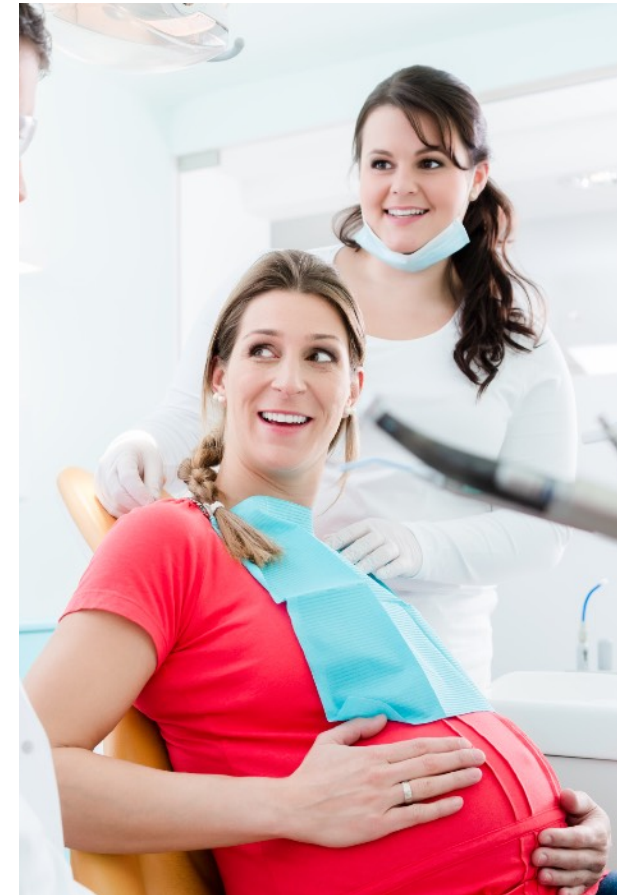
San Francisco, CA 94103

415.929.6550

Monday - Friday, 9:00 am - 5:00 pm

dental.pacific.edu/children

Expecting a Baby & Keeping Your Mouth Healthy



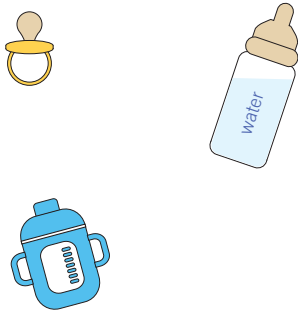
UNIVERSITY OF THE
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School of Dentistry

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

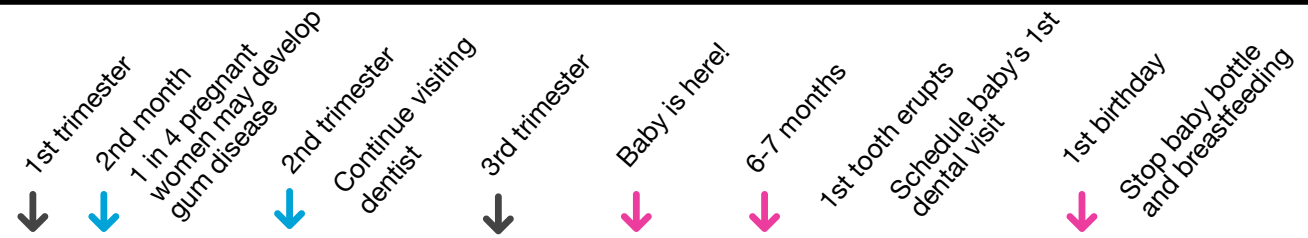
Gagging After Brushing

- 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.

Timeline:



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.



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.