DENTAL ✓ FOR PRENATAL PATIENTS

Smile Alabama!
Healthy Smiles,
Healthy Children

KEY POINTS TO STRESS WITH PATIENTS

✓ For you and your baby's health, it is important to take good care of your teeth and gums while you are pregnant.

✓ Brushing and flossing carefully every day can help you have a healthier baby. Chewing gum with Xylitol can also help prevent tooth decay.

✓ Taking your prenatal vitamins and eating healthy foods will help you and your baby to be healthy.

QUESTIONS TO ASK

✓ Do you have any problems with your teeth or gums?

✓ Does anyone in your family have any inherited problems or diseases affecting the teeth?

✓ Do you brush your teeth every day?

✓ Do you floss your teeth every day? How often?

✓ When is the last time you saw a dentist?

✓ Are you taking prenatal vitamins?

✓ Do you plan to breast or bottle feed your baby?

✓ What questions do you have for me today?

Anticipatory Guidance
For Prenatal Patients

- Patients with a family history of gum disease or severe tooth decay are at high risk for maternal-infant caries transmission. Extra attention to oral hygiene during pregnancy and after the baby is born can help prevent early tooth decay in the baby.

- Patients with significant tooth decay and/or gum disease should be counseled to talk to the baby's doctor about preventing tooth decay. Emphasize that "no bottles in bed" is one of the best ways to prevent tooth decay.

- Toothbrushing and flossing are especially important during pregnancy, even if the patient's gums are bleeding, tender or sore. Good oral hygiene can prevent problems from getting worse. Counsel patients to brush and floss daily to remove cavity germs (plaque).

- Patients with vomiting should be counseled to rinse and brush their teeth right away to prevent enamel erosion caused by stomach acids.

- Stress that baby's teeth will be stronger if the mother takes prenatal vitamins every day while pregnant and eats a healthy diet that includes milk, cheese and greens.