

Continue to practice good oral hygiene.

AFTER YOUR BABY IS BORN

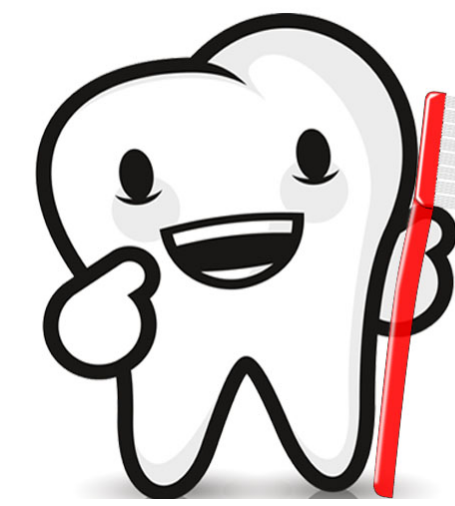
Keep up the good work!

- Keep visiting the dentist and practicing good oral care.
- Try to breastfeed for at least 4 months, ideally for 6 months.
- Feed your baby healthy foods.
- Take care of your baby's gums and teeth.
- Ask your pediatrician to check your baby's mouth starting at 6 months.
- Take your baby to the dentist by age 1.



Source:

Oral Health Care During Pregnancy Expert Workgroup. 2012. *Oral Health Care During Pregnancy: A National Consensus Statement*. Washington, DC: National Maternal and Child Oral Health Resource Center.



**Klamath Basin
Oral Health Coalition**
Improving the oral health
of our community members!

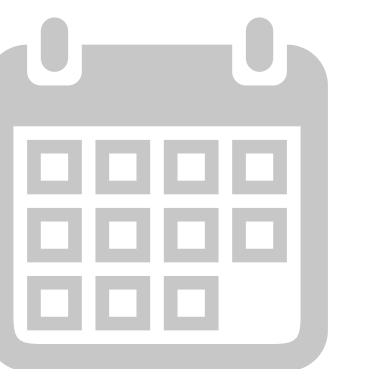


**PREGNANCY
HOPE CENTER**

May 2020

Klamath Basin Oral Health Coalition

VISITING THE DENTIST DURING PREGNANCY is safe and important



It's safe and important.

Visiting the dentist will keep you and your baby healthy.



Taking care of your mouth while you are pregnant is important for you and your baby.



During pregnancy, your gums can get sore or puffy and bleed (gingivitis). Untreated gingivitis can lead to gum disease and tooth loss.



Putting off necessary treatment could result in significant risk to you and your baby (for example, a bad tooth infection in your mouth could spread throughout your body).

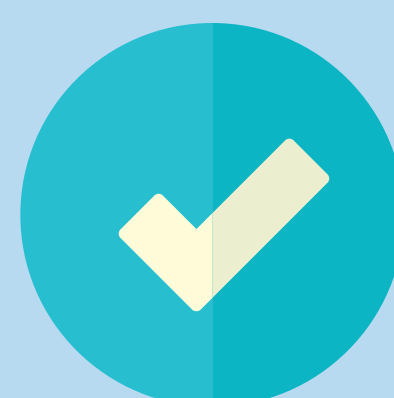
Get oral health care.



Schedule a dental appointment as soon as possible.



Tell the dental office that you are pregnant and your due date.



Get oral health treatment before delivery.



Oral health care, including x-rays, pain medication and local anesthesia, are safe throughout pregnancy under the direction of your dentist and OB/GYN.

Eat healthy foods.

- Eat a variety of healthy foods, such as fruits, vegetables, whole grains, legumes, beans and nuts.
- Drink water throughout the day.
- Choose foods low in sugar.



Practice good oral hygiene.



Brush twice a day with fluoridated toothpaste.



If you vomit, rinse your mouth with a teaspoon of baking soda in a cup of water.



Use floss or an interdental cleaner daily.



Use xylitol-containing gum or mints after meals.



Replace your toothbrush every 3 or 4 months.

