

Rinsing

Rinsing can help cleanse the mouth of food and debris. There are different types of rinsing for special circumstances.

1. Water rinsing can neutralize the mouth from acidic environments. Water rinsing is encouraged anytime you consume acidic foods or drinks.
2. Antimicrobial mouth rinse can help reduce the amount of bacterial plaque and can aid in the prevention of gingivitis. Using an antimicrobial mouth rinse does not substitute for brushing and flossing.



Things to Avoid with Baby

- ◆ Avoid kissing baby on the lips. Kissing baby on the lips can transmit bacteria, that cause cavities, from parents to their infants.
- ◆ Parent/Caretaker placing pacifier in his/her mouth for cleaning and giving putting back in baby's mouth.
- ◆ Avoid putting baby to sleep with a bottle in their mouth. This can help prevent sugars settling on the teeth leading to
- ◆ Avoid giving baby beverages with high acidic sugars such as fruit drinks, soda, and fruit juice throughout the day or at night to sleep.

Did You Know

- During your 3rd and 6th month of pregnancy, your babies teeth are developing.
- Breastfeeding babies can still get cavities. Breast milk contains sugar and baby's teeth should be wiped clean with a clean, moist washcloth everyday.
- It can take anywhere from 30 to 40 minutes for your mouth to return to a favorable pH level after drinking a beverage with a highly acidic pH.
- There are liquid sugars and sticky sugars. Liquid sugars such as soda and fruit juice should be consumed with a straw to bypass the teeth. Rinsing with water after drinking these beverages can help to neutralize the mouth. Sticky sugars such as candy and can remain in the mouth longer than liquid sugars.
- Chewing sugar-free gum that contains xylitol can stimulate salivary flow after meals and help prevent cavities by reducing plaque acids and strengthening teeth.



References:

- ¹American Dental Association. (2019). Pregnancy. Retrieved from <https://www.mouthhealthy.org/en/babies-and-kids/healthy-habits>
- ²Harris, N., Garcia-Godoy, F. & Nathe, C. (2009). Primary Preventive Dentistry. (7th Edition). New Jersey: Pearson Education.

Dental Care for Pregnant Mothers

Taking care of your overall health is extremely important during pregnancy. Dental health is just as important and can affect the health of your developing baby.



Oral Health Tips During Pregnancy

- If you vomit, rinse your mouth with water to wash away harmful acid that can effect your teeth.
- Watch for symptoms of tooth pain or sensitivity when biting down or eating hot or cold foods.
- Consult your doctor before taking any oral health medications for tooth pain or nausea.
- Regular visits to the dentist are recommended for professional cleaning and check up.
- Substitute sweets for fresh fruits and veggies.
- Eat a balanced diet. Moderate snacking.
- Avoidance of tobacco, alcohol, and harmful substances.
- Remember: Brush, Floss, Rinse.

Pregnancy Gingivitis

Hormones are the most common cause of this mild form of gum disease that affects pregnant women.

- Bright red, swollen gums
- Gums are sensitive to the touch
- Increased bleeding of the gums
- Subsides after childbirth



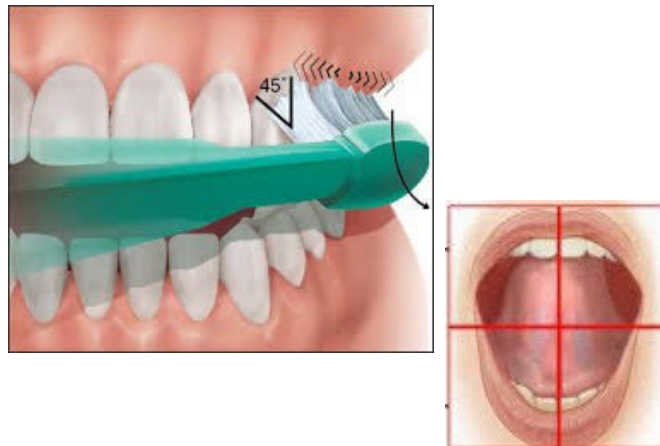
Increased Risk of Caries Development During Pregnancy

- Nausea and vomiting can leave stomach acid on the teeth leading to erosion of the teeth.
- Sucking on candy, dietary cravings, and frequent between-meal snacking of refined carbohydrates can increase the risk of cavity development.
- Increased nausea or gag reflex can postpone daily oral care during pregnancy.

Brushing Technique

The action of brushing can remove plaque, food, and stains from the oral cavity. Brushing should be done 2 times a day, morning and night.

1. Start with a soft toothbrush, aimed at a 45 degree angle with the tips of the brush towards the gum tissue.
2. With very light pressure, the bristles are jiggled in the tissue.
3. Each quadrant of the mouth can be brushed for 30 seconds, totaling 2 minutes for the entire mouth.



Flossing Technique

Flossing supplements and daily brushing can remove plaque and food in hard to reach areas between the teeth to prevent tartar buildup, control bleeding, and reduce bad breath.

There are different types of flossing methods that can be used such as string floss and floss picks.



1. To measure floss, run the length of the floss from middle finger to elbow.
2. Wrap the bulk of the floss around the middle finger and the rest of floss around the same finger of the opposite hand.
3. Using a seesaw motion, gently ease floss between the teeth. Once past the contact point (where the teeth touch) create a C-shape by hugging the tooth and sliding the floss up and down until the surface is clean. Repeat on both sides of the papilla.

