

# Keeping Your Infant's Mouth Healthy

## Caring for your infant's mouth

It's important to start caring for your baby's mouth even before their teeth break through. After each meal and just before sleep, whether you breastfeed or bottle-feed, wipe your baby's gums. Continue to take care of your own dental health and refrain from cleaning pacifiers in your mouth.

## Baby's first dental visit

It's important to keep baby's teeth cavity-free and healthy even though they will eventually fall out. Your baby should have their first dental visit after their first tooth appears, but no later than their first birthday.

## Your oral health is important to your baby even after they are born

Everything, including bacteria, is shared between mothers and newborns. When you have cavities, you also have bacteria in your mouth. The bacteria can be passed to your baby, increasing your baby's risk of cavities in the future. This is why it's important to get dental checkups and ensure a healthy smile before your baby is born.



# Dental Care During Pregnancy

**Everything you need to know to keep you and your baby healthy!**

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### **Is it safe to visit the dentist while expecting?**

Yes! It's recommended. When you're pregnant, morning sickness and hormonal fluctuation may increase your risk of developing gum disease and cavities, which can have a negative effect on your health and the health of your baby. These issues can be resolved and prevented by one of Eisner Health's dentists.

### **Recommended dental checkups**

It's important to upkeep your dental health all throughout your pregnancy; here are the recommendations:

- Get a dental checkup before your delivery.
- Continue with cleanings every 6 months.

If you have any oral health issues call us right away at **(213) 747-5542** to schedule an appointment.

### **Are dental treatments safe while pregnant?**

- X-rays
- Local anesthetics
- Most pain medication

can all be safe during pregnancy. Ask your dental provider about what treatments are safe and right for you.

### **Talking to your dentist**

Inform your dentist of your pregnancy and the expected delivery date prior to your appointment. Additionally, make sure they are informed of any medications you are taking, any diseases you may have, any cigarette or drug use, and whether or not your pregnancy is high risk.

### **Preventing oral health problems while pregnant**

- Brush your teeth twice a day.
- Floss between your teeth.
- Minimize intake of sugary foods.
- If you get morning sickness, gargle with one teaspoon of baking soda dissolved in a glass of water.
- Get a dental check up!

