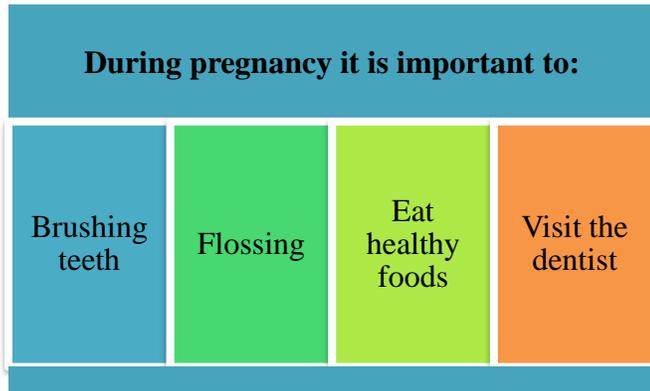


## Oral Health in Pregnancy

## Caring for your baby's gums and teeth

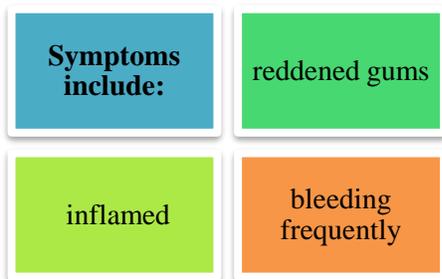


- Use a different spoon to taste your baby's food. Germs can pass from your mouth to your baby's mouth.
- Clean your baby's gums after every meal, even if he does not have any teeth.
- Use a clean, damp washcloth or a small-headed, soft-bristled baby toothbrush.
- When your baby's first tooth comes in (usually around 6 to 10 months), start brushing with fluoride toothpaste twice a day.
- Never put your baby to sleep with a bottle full of breast milk, formula, juice, or sugary drinks like fruit-flavored drinks or sodas.
- Take your baby to the dentist before his first year to have his teeth and gums checked.

### What oral problems can you develop during your pregnancy?

**Pregnancy gingivitis:** occurs when dental plaque accumulates on the teeth and irritates the gums.

### Social and Emotional Aspect



For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during oral care, please visit your dentist, or contact the following phone lines:

**Medical Advice Line**  
1-844-347-7801  
TTY/TDD 1-844-347-7804

Pregnancy gingivitis occurs because hormone levels increase the way the gums react to the presence of accumulated plaque on the gums.

**APS Healthcare**  
787-644-9133

### What to Expect When Visiting the Dentist During Pregnancy

At the time of scheduling the appointment, inform your doctor that you are pregnant.

### References:

[https://www.mchoralhealth.org/PDFs/pregnancybrochure\\_sp.pdf](https://www.mchoralhealth.org/PDFs/pregnancybrochure_sp.pdf)  
<https://medlineplus.gov/spanish/dentalhealth.html>  
<https://www.colgate.com/es-mx/oral-health/oral-care-during-pregnancy/pregnancy-prenatal-care-and-oral-health>

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X-rays, anesthesia, pain medications, and antibiotics are not indicated during the first trimester, unless necessary.