## PRACTICE OTHER HEALTHY BEHAVIORS

* Stop any use of tobacco products and recreational drugs. Avoid secondhand smoke.

12750 SE Stark St Bldg E

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Portland, OR 97233

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Phone: 971-347-3009

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Hours: Monday-Friday 7:30am-6pm



* Stop any consumption of alcoholic beverages

## AFTER YOUR BABY IS BORN

* Continue taking care of your mouth after your baby is born. Keep getting oral health care, practicing good oral hygiene, eating healthy foods, and practicing other healthy behaviors.
* Take care of your baby’s gums and teeth, feed your baby healthy foods, and take your baby to the dentist by age 1.

# Perinatal Oral Health

**NARA Dental Clinic**

**Care**

**Get Oral Health Care**

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

* Schedule a dental appointment to have your oral health needs evaluated by the dental team.
* Changes to your body when you are pregnant can make your gums sore or puffy and can make them bleed. This is called *gingivitis* and if not treated, can lead to more serious periodontal (gum) disease and even tooth loss.
* Oral health care, including X-rays, pain medication, and local anesthesia, is safe throughout pregnancy.

**EAT HEALTHY FOODS**

* Eat a healthy variety of foods, such as fruits; vegetables; whole- grain products; and dairy products.
* Eat fewer foods high in sugar like candy, cookies, cake, and dried fruit, and fewer beverages high in sugar like juice, fruit-flavored drinks, or pop (soda).
* Drink water or milk instead of juice, fruit-flavored drinks, or pop (soda).
* Drink water throughout the day, especially between eating. Drink fluoridated water (via a community fluoridated water source) or bottled water that contains fluoride.

## TIPS FOR PRACTICING GOOD ORAL HYGIENE

* Brush your teeth with fluoridated toothpaste twice a day and clean between teeth daily with floss.
* Replace your toothbrush every 3 or 4 months, or more often if the bristles are frayed. Do not share your toothbrush.
* Rinse every night before bed with an over-the-counter fluoridated, alcohol- free mouth rinse.
* If you vomit from pregnancy-related nausea, rinse your mouth with a teaspoon of baking soda in a cup of water to stop acid from attacking your teeth.
* After eating, chew xylitol-containing gum or use other xylitol-containing products, such as mints, which can help reduce bacteria that cause tooth decay.

### Consume Xylitol gum or mints 5 times a day, this is around 10 grams total. Consumption of large quantities of Xylitol (30- 40 grams) can cause stomach upset