

West Kentucky Community & Technical College

Dental Hygiene Students

Oral Health Reminders

For Mother:

- Make a dental appointment prior to getting pregnant to get teeth professionally cleaned and examined
- Once pregnant, don't skip dental visits and monitor daily oral habits
- Brush 2x daily, floss 1x daily, chew sugar-free gum with xylitol, let dentist know of any swelling, bleeding or soreness
- If experiencing morning sickness, do not brush after vomiting, rinse mouth with water or mouthrinse with fluoride (ACT)
- Remember: research shows that poor oral health and periodontal disease during pregnancy contributes to low birth weight babies and pre-term delivery



For Infant:

- Remember: oral bacteria that cause disease are transmitted from you to baby (other family members too), so make sure your entire family has healthy tissues and no untreated decay
- Cleanse the babies mouth daily at feeding times and bedtime with a cloth or other cleansing device, even though there are no teeth
- At about age 6-12 months the first tooth will erupt, brush after each feeding and before bedtime with a soft-bristle toothbrush (do not use toothpaste containing fluoride)
- The American Academy of Pediatric Dentists recommends to see a dentist by the child's first birthday or sooner if they have any teeth
- Do not put infant/toddler to bed with a sippy cup or bottle containing sugary liquids or milk