

# ORAL HEALTH DURING PREGNANCY

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## Tips for Mother and Child





# THE ROLL OF ORAL HEALTH

Oral health during pregnancy is important for the overall well-being of the mother and supports the development of healthy teeth in the child.

During pregnancy, changes occur which effect the woman's body and her mouth. The changes to the hormonal balance, the adjustment of the immune response and nutritional habits also influence the teeth and periodontal apparatus. For example, the increasing growth of the child in the mother's tummy can lead to the ingestion of much smaller snacks between meals. Furthermore, the protective saliva changes its composition and quantity during pregnancy. This increases the risk of developing cavities. Vomiting, a symptom often experienced by expectant mothers, can also result in damage to the enamel. Many pregnant women also experience sensitive, reddened and swollen gums. That is why dental appointments and careful attention to oral hygiene are recommended during pregnancy.





### **Tooth care**

- Brush your teeth twice a day, mornings and evenings, directly after eating
- Clean between teeth using dental floss/interstitial flossing toothbrush
- Use a toothpaste containing fluoride
- It is also possible to additionally use mouth wash

### **At the dentist**

- Visit the dentist at least once during pregnancy
- Clarify any need for treatment
- Care for any teeth requiring treatment
- Carry out prophylactic measures (local fluoridation)

### **Professional tooth cleaning**

- Have teeth cleaned professionally at least once during pregnancy
- Receive information and training in oral hygiene
- If needed, reduce oral bacteria (chlorhexidine-fluoride treatment)

### **Nutrition**

- Drink water
- Only eat sweet or sour foods at mealtimes
- Tooth-friendly foods (whole-grain products, fruit/vegetables at every meal, reduced sugar consumption)
- Dental chewing gum after meals
- For additional information:

*German Society for Nutrition, Healthy Start in Life Network at [www.dge.de](http://www.dge.de)*

# Appointment overview for Mother and Child

Zahnärztliche Untersuchung/Dental examination \_\_\_\_\_ (date)

Professionelle Zahnreinigung/Professional tooth-cleaning \_\_\_\_\_ (date)

Folgetermine/Follow-up appointments \_\_\_\_\_ (date)

Kontrolltermin/Check-up and consultation appointment at the end of pregnancy with issuance of Children's Dental Passport \_\_\_\_\_ (date)

Erster Zahnarztbesuch Kind/Child's first dentist appointment in first year of life \_\_\_\_\_ (date)

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Baden-Württemberg



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Baden-Württemberg**



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