

## AFTER DELIVERY

Maintain good oral health habits by brushing, flossing and visiting the dentist.

**Wipe your baby's gums** with a soft cloth after every feeding even before teeth arrive.

**Clean baby's teeth** twice a day after teeth arrive. Use a soft cloth or a toothbrush with soft bristles. Fluoride toothpaste is not recommended for children under 2 years of age. After age 2, use only a pea size amount of toothpaste.

**Never put your baby to sleep with a bottle** filled with formula, soda, milk or juice. This can lead to tooth decay. If a bottle is necessary, only use a small amount of plain water and consult with your pediatrician.

**Don't put juice or soda in a bottle.** Only formula, breastmilk, cows milk (after age 1) and water should be placed in a bottle.

## AFTER DELIVERY

The germs in your mouth that cause decay can be passed to your child.

- Don't share eating utensils, cups or straws.
- Clean baby's pacifier with water. Do not place in your mouth to clean.

**Take your infant to the dentist when the first tooth erupts and no later than age 1.**



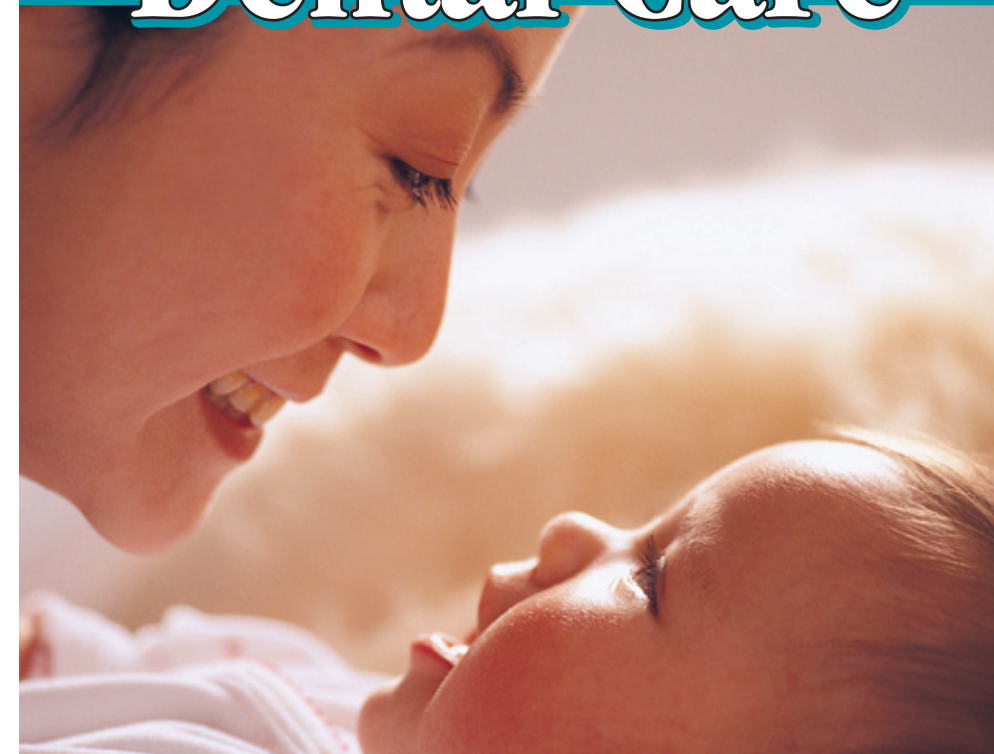
South Carolina Department of Health  
and Environmental Control

[www.scdhec.gov](http://www.scdhec.gov)



CR-009545 9/09

# Dental Care



**Before, During and After Pregnancy**

# BEFORE AND DURING PREGNANCY

Taking care of your mouth is important before and during pregnancy.

Tooth decay and gum disease are infections and can affect you and your baby.



**Take care of your mouth** before and during pregnancy by brushing with fluoride toothpaste twice a day, flossing once a day and seeing a dentist.

**Eat healthy foods** that will help you and will give your baby a healthy start. Cut down on sweets like candy, cookies and sugary drinks. Drink water especially between meals and after snacks.

**Visit the dentist** while you are pregnant. It is safe and can help you have a healthy baby. Good prenatal care includes care of the mother's teeth and gums.

## Tips for visiting the dentist while pregnant...

- Tell the dental staff you are pregnant and tell them your due date.
- Tell your doctor if you need help getting dental care or if you are experiencing dental problems.
- Get treatment if needed. It is safe to have dental treatment and x-rays during pregnancy. The dental staff will know how to provide safe treatment that will not harm you or your baby.

## Do you experience frequent nausea and vomiting?

- Rinse your mouth with water.
- Eat small amounts of food throughout the day.

If you vomit, rinse with a cup of water containing a teaspoon of baking soda and wait about one hour before brushing teeth.

