

# Tips for good oral Health **DURING PREGNANCY**



Follow us



[www.phcc.qa](http://www.phcc.qa)



مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION

Following are some advices to look after your mouth health during pregnancy. While obtaining health care and behaviors , and eating healthy food are helping to maintain your health and your child's health, delaying the necessary treatment for dental problems can pose serious risks to you and your child(For example, an infection in the teeth can spread from your mouth to all parts of your body).

## ACCESS TO ORAL HEALTH CARE



- Looking after your oral health during pregnancy is very important for you and for your child. Changes in your body during pregnancy can cause inflammation or bloating in the gums. This problem is called “gingivitis”. If “gingivitis” is not treated, it may lead to more serious gum disease, which can lead to tooth loss.
- Oral hygiene, including x-rays, painkillers and local anesthesia, are safe throughout pregnancy.
- Receive oral health treatment, according to the recommendations of a specialist in oral prenatal health.
- If you have been to a dentist for more than 6 months or if you have any oral health problems or concerns, schedule an appointment with your dentist as soon as possible.
- Tell the dental staff that you are pregnant and inform them about the giving birth time. This information will help the dental team to provide you with the best care.

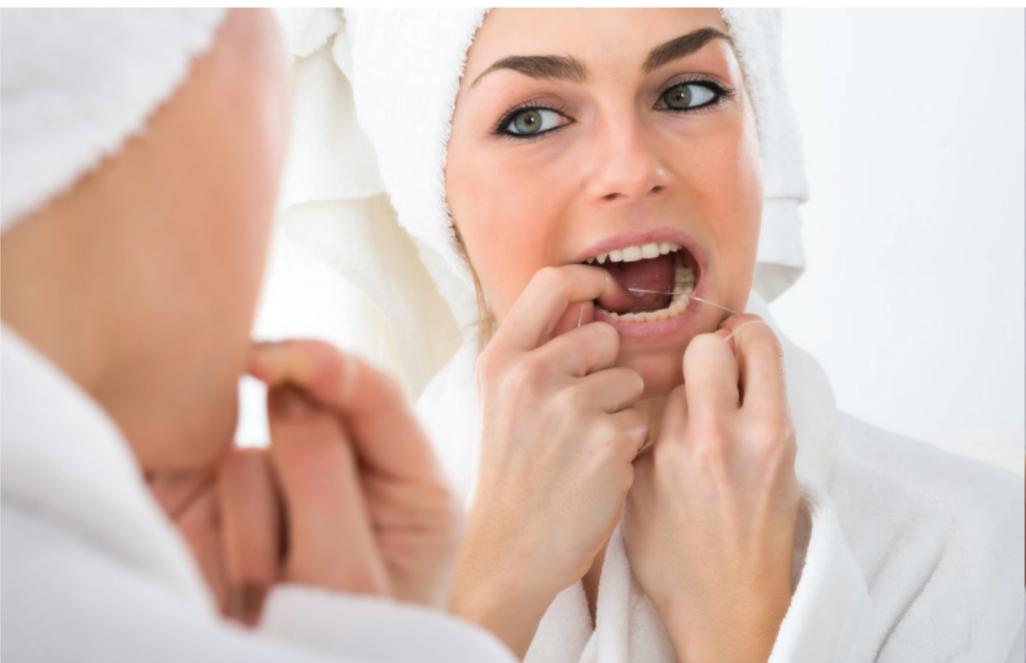
# PRACTICE MOUTH BENEFICIAL HEALTHY BEHAVIORS

- Clean your teeth with fluoride toothpaste twice a day. Change your toothbrush every 3 or 4 months, or before that period if the bristles of the brush have eroded. Avoid sharing your



toothbrush with others. Clean between your teeth daily using floss or a medical toothbrush.

- Wash your teeth every night with a mouthwash containing fluoride and alcohol free , without prescription
- After eating, chew gum containing xylitol or use other products containing xylitol, such as mint as it helps in reducing the bacteria that may cause tooth decay
- If you vomit, wash your mouth with a small spoon of baking soda (soda bicarbonate) dissolved in a glass of water to prevent the acid from attacking your teeth.



# PRACTICE MOUTH BENEFICIAL HEALTHY BEHAVIORS

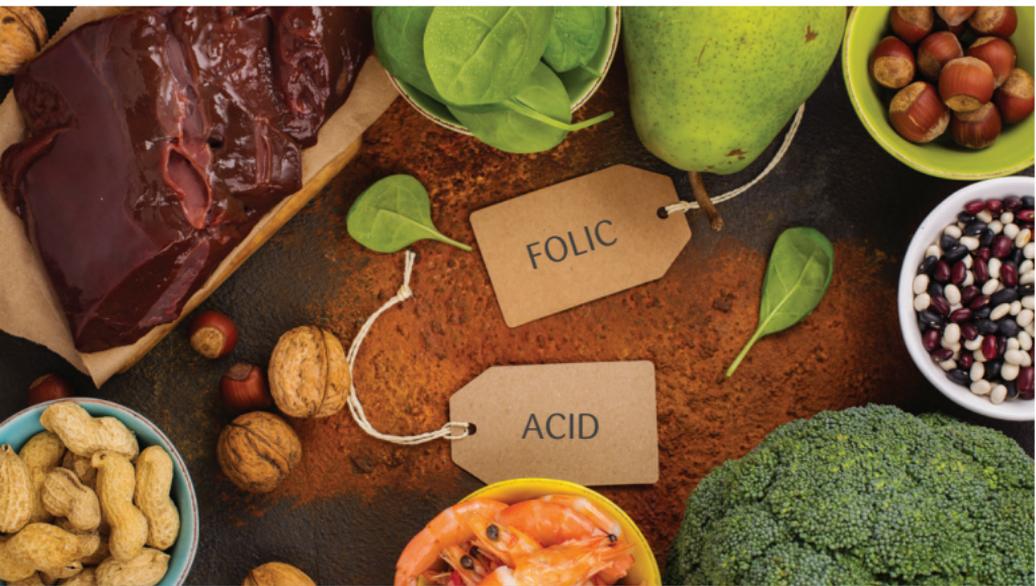
Eat a variety of healthy foods, such as fruits, vegetables and whole grain products, such as cereals, bread, or crackers; and dairy products such as milk, cheese, and yogurt. Meat, fish, chicken, eggs, beans and nuts are also good choices.

- Eat less sugar-rich foods such as sweets, biscuits, cookies, and dried fruits. Reduce high-sugar beverages such as juice, fruit-flavored beverages, or sparkling beverages.
- For snacks, choose low-sugar foods such as fruits, vegetables, cheese and yogurt
- For choosing foods that contain a low sugar content, you can read the food labels.
- If you have problems with nausea, try eating small amounts of healthy foods throughout the day.



- Drink water or milk instead of juice, or fruit-flavored beverages, or sparkling beverages.
- Drink water throughout the day, especially between meals and snacks. Drink water which containing fluoride (through fluoride treated water source) Or if you prefer bottled water, you can drink bottled water containing fluoride.

- To reduce the risk of fetal malformations, make sure to get 200 micrograms of folic acid every day throughout your pregnancy. Eat foods that high in fiber and containing folic acid. For Examples:
  - Asparagus, broccoli and green leafy vegetables, such as spinach and lettuce
  - Legumes (beans, peas and lentils)
  - Papaya, orange, strawberries, (cantaloupe) and bananas.
  - Folic acid-fortified cereals (cereals, corn, flour, pasta, white rice)



## PRACTICE OTHER HEALTHY BEHAVIORS



- Attend prenatal classes.
- Stop using any tobacco products or narcotics. Avoid exposure to negative smoke
- Do not drink any alcoholic beverages



## AFTER THE BIRTH OF YOUR CHILD

- Continue to look after your mouth after the born of your baby. Continue to get oral health care, eat healthy foods, and practice other health behaviors.

- Take care of your baby's gums and teeth, and feed him healthy foods (Breastfeeding lasts for at least 4 months, but the ideal duration of breastfeeding is 6 months) take your child to dentist when he or she completes his first year.



- Ask your health care provider to check your child's mouth (oral health risk assessment) from the age of 6 months, and ask him to refer your child to the dentist for urgent oral health care.

