

Prenatal and Infant Oral Health



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Who Are We?



Building healthy, smart,
vibrant communities



Oral Health During Pregnancy

You have a lot to think about during pregnancy...

But don't overlook your oral health!

Your oral health is not only important for you, it's important for the health of your baby, too!



Why is Oral Health Important During Pregnancy?

Hormone changes that occur during pregnancy can lead to:

- Pregnancy gingivitis
- Pregnancy “tumors”
- Dry mouth
 - Cavities
- Acid erosion
 - Wearing away of the enamel



Pregnancy Gingivitis

Cause:

- Exaggerated response of the tissues to dental plaque and tartar

Signs:

- Red gum tissue
- Inflammation of gum tissue
- Bleeding with brushing/flossing

Prevention and management:

- Meticulous home care



“Pregnancy Tumors”—Gingival Enlargement

- Soft, round, tissue enlargement
- Usually occurs near the gum line
- Color can vary
- Is not actually a tumor
 - Benign
- Usually painless
- Can be removed by a dentist
- Usually resolves after child delivery



Dry Mouth

Some women experience dry mouth during pregnancy

- Could be associated with the body storing more water and with more frequent urination
- Increases risk of cavities

Recommendations:

- Drink plenty of water
- Chew sugarless gum
- Use saliva substitutes if needed



Acid Erosion

Morning sickness with vomiting

- Introduces stomach acid to the oral environment
- Softens enamel

Recommendations:

- Rinse immediately with water or a mixture of baking soda and water
 - Baking soda neutralizes acid
- Do **NOT** brush for at least one hour



Acid Erosion



Oral Health for Baby Begins at Birth!

Healthy mouth = healthy child

- Keep the newborn's mouth clean
 - Before teeth erupt, use a washcloth to wipe the gums
 - Once the first tooth appears, brush with a soft toothbrush
 - Visit a dentist by age 1 for an oral exam



Baby Teeth Are Important!

- Children will develop 20 baby teeth
 - First tooth appears around 6 months of age
 - Last baby tooth is shed around 12 years of age
- Baby teeth serve as a placeholder for the adult teeth
- Help children chew their food and speak clearly



Establish a Dental Home by Age 1

- Dental assessment
 - Evaluate the mouth and soft tissue
 - Evaluate the teeth and growth patterns
- Apply fluoride varnish as appropriate
- Help children become comfortable in the dental setting



Preventive Services for Ages 2 and Older



- Dental cleaning
- Dental exam
- Fluoride varnish application
- Dental X-rays
- Dental sealants on first and second molars

Prevention Tips for Early On

- Prevent baby bottle decay
- Reduce the risk of spreading germs
- Monitor use of pacifiers and thumb-sucking
- Help establish good oral health habits



Things to Keep in Mind as Your Child Grows

- Introduce sippy cup by 6 months of age
- Stop bottle use by 12 months of age
- No bottles or sippy cups in bed
- No juice in the first year of life
- Healthy snack choices to promote a lifetime of healthy snack habits





Oral Health Begins With Overall Health

A healthy mouth and a healthy pregnancy both begin with good overall health

Health is influenced by many factors including:

- Dietary choices
- Regular exercise
- Lifestyle and behavior choices

Healthy Food Choices

Choose:

- Fruits and veggies
- Leafy greens
- Firm fibrous food
 - Apples/carrots
- Nuts and berries
- Healthy fats/oils

Avoid:

- Sweets
- Acidic foods/
beverages
- Excessive
carbohydrates
- Frequent snacking



Rethink Your Drink

Choose Water!

- Let's not sugarcoat it!
 - Drinking pop nearly doubles risk of cavities in kids
 - One 12-oz. soda pop per day increases a child's chances for obesity by 60%
 - People who drink 1–2 cans of soda pop per day have a 26% greater risk of Type 2 diabetes

YOU WOULDN'T LET YOUR CHILDREN HAVE

SIX DONUTS

IN ONE DAY.

SO, DON'T LET THEM DRINK THAT POP.



20^{oz.}
POP

6
DONUTS

18
COOKIES

Source from USDA.gov

The image is a comparison graphic. At the top, it says 'YOU WOULDN'T LET YOUR CHILDREN HAVE SIX DONUTS IN ONE DAY. SO, DON'T LET THEM DRINK THAT POP.' Below this, there are three columns. The first column shows a tall glass of iced soda pop with a thick layer of foam. Below it is a horizontal line and the text '20 oz. POP'. The second column shows six donuts of various flavors (glazed, chocolate, white, etc.) arranged in two rows of three. Below it is a horizontal line and the text '6 DONUTS'. The third column shows 18 cookies arranged in a 6x3 grid. Below it is a horizontal line and the text '18 COOKIES'. At the bottom right, it says 'Source from USDA.gov'.

Good Dental Habits

- Brush your teeth twice daily
- Floss your teeth once a day
- Swish with fluoride mouthwash daily
- Change your toothbrush every three to four months
- Never share your toothbrush with others
- Always use a soft-bristled toothbrush



Getting Kids Interested in Their Teeth

- Make brushing routines fun
 - Sticker charts and sand timers
 - Electric toothbrushes
- Model positive behavior
 - Brush/floss your own teeth with your children
 - Talk about importance of teeth
- Books about teeth



Chew on This...

Good oral health is connected to school success

- Tooth decay is the most common chronic childhood disease in the U.S.
- 51 million hours of missed school yearly
- Absent students miss critical instruction time
- Students who don't read at grade level are more likely to drop out
- Students who have had recent oral health pain are four times more likely to have lower GPAs





What is Healthy Kids Dental?

Healthy Kids Dental (HKD)

- Dental benefits for kids under age 21 with Medicaid—nearly 1 million kids
- No co-pays/deductibles
- Administered by Michigan Department of Health and Human Services in partnership with Delta Dental and Blue Cross Blue Shield
- Available in all 83 counties
- Currently about 8 out of 10 Michigan dentists participate
- ADA named HKD 1 of 5 national program models for improving access to care for low-income populations
- www.deltadentalmi.com/HKD



What Are Dental Sealants?

- Thin, protective coating (made from plastic or other dental material)
- Used as a safety net to help keep teeth clean
- Applied to biting surface on teeth with deep pits and grooves
- Applied on the first and second molars
 - First molars around 6 years old
 - Second molars around 12 years old



Treat Decay, Right Away!

- When decay is diagnosed, be sure to return to your dental office for the recommended treatment as soon as possible
- A study of 2005 data from Iowa found 56–65% of children in foster care had a diagnostic or preventive dental visit
 - Only 6% received a restorative visit



Thank you!

Questions?