

ORAL HEALTH CARE DURING PREGNANCY

During pregnancy, it is recommended to change the habits and the routines of the whole family so that they support and also enhance the child's good oral health.

TEETH

- Parents should have a dental check-up and have their teeth taken care of before the birth of the child.
- During pregnancy, mother's predisposition towards oral diseases increases.
- Frequently eaten snacks and nausea during pregnancy may predispose towards tooth decay.

CLEANING YOUR TEETH

- Brush your teeth with a soft toothbrush or an electric toothbrush and with fluoride toothpaste twice a day.
- Clean the interdental spaces daily with a dental floss, a toothpick or an interdental brush.

NOURISHMENT

- A varied diet of the mother is best also for the child's tooth development.
- The whole family should get used to the regular meal rhythm already during pregnancy and leave out unnecessary snacks.
- Water is the best thirst quencher.

DENTAL CARIES, IN OTHER WORDS TOOTH DECAY, IS NOT HERITED

- Dental caries is one of the most widespread and common chronic infectious diseases in the world.
- Dental caries can be prevented through careful home care.
- Bacteria that cause dental caries are transmitted to the child via saliva of a close relative.
- The transmission of dental caries can take place immediately after the child has had his/her first tooth cut, for example via cutlery.
- Avoid kissing the child on the mouth, cleaning the dummy in your own mouth, tasting the food with the same spoon and cooling the food by blowing on it.
- Regular use of full xylitol by parents reduces the number of bacteria in the mouth and their risk of transmission to the baby.