Oral Health Matters in

Becoming a Mom™

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Objectives for program

• Increase knowledge of oral health and its importance during pregnancy
• Increase awareness of ways to manage oral health
• Increase awareness of ways to include oral health messages into *Becoming a Mom™* program sessions
Teaching Approach
Self Care Management

• Empowers client
  requires identifying what they see as value
  How do you want to be ?”
  provides information for knowledgeable choices
  “what can I do to help you get there?”
Why include Oral Health?

All providers serving families can enhance oral health

Medical

Dental

Health of individual

Promote awareness

Good health begins in the mouth
Anatomy of a tooth

Primary teeth are formed in 7th week of pregnancy.
Permanent teeth are formed in infant starting at 3-4 months.
The Causes of Cavities

‘Sugar Bugs’ (Bacteria)
- Streptococci Mutans
- Streptococci Sobrinus
- Lactobacillus

FORMULA FOR DECAY

AT-RISK TOOTH + BACTERIA + SUGARS + ACID + TIME = CAVITY
Impact of oral disease

Germs inhabit mouth

Germs start infection process in gum, tooth

Cavity allows germs into blood system

Body defenses trigger responses

Responses release toxins into system

Toxins change normal function of organ

Organ functions change

seriously even fatal
• Pregnancy
  Pica
  Vomiting

• Respiratory conditions
  tooth erosion

• Chronic conditions
  Diabetes
  uncontrolled AIc

• Auto immune disorders
  ↑ Inflammation

• Cardiac
Medications that can impact oral health:

- Birth control pills
- Allergy medications (Antihistamines)
- Heartburn medications (Prevacid)
- Steroids
- Diuretics
- Seizure medications (Dilantin)
- Blood pressure medications (Antihypertensives)
- Antidepressants
- Cancer chemotherapy drugs
- Immunosuppressants
- Aerosol medications (asthma inhalers)

ALL SWEETENED ORAL MEDICATIONS!
How culture influences oral health

• Dietary habits:
  Pica    Acidic foods    Limited dairy

• Hygiene practices
  Mouth care: tongue verses teeth

• Accessing dental care
  Go with a problem    Limited/ no prevention
Teaching Health Care and Cultural Influences

- Language: verbal verses non verbal
  - Latino: “sandwich the message”
  - Asian: silence means respect, “yes”
- Healing beliefs and practices
  - Prevention verses Intervention
    - Complementary Alternative Medicine practices
- Knowledge deficit
- Limited means of access to services
Session 1. You and Your Pregnancy
Pregnancy changes in the mouth: gums & teeth

Session 2. Prenatal Care
Dental Care during pregnancy: Visiting the dentist, oral hygiene

Session 3. Eating Healthy During Pregnancy
Nutrition: Tooth Friendly Foods, Re-Think the drink

Session 5. Things to avoid
Cosmetic dentistry

Session 6. Labor and Birth

Session 7. Caring for Your Baby
Infant oral care: preventing germ transmission, oral hygiene, dental care

Session 8. Postpartum Care
Dental care and oral hygiene
Session 1.
Pregnancy changes (in oral cavity)

• Saliva production: ↑ contributes to nausea
• “Bad taste”: ↑ tendency toward Pica
• Saliva ↓: difficulty chewing, swallowing
• Painful sore gums from trauma of dry food
• ↑ blood volume & circulating hormones cause gum inflammation
• Teeth may loosen
• Growths on gums
• Decay or ↑ wearing away of enamel (vomiting)
Gingivitis in Moms

• Common Symptoms:
  • Swollen red and bleeding gums
  • Gums that look shiny
  • Persistent bad breath
Session 2. Prenatal Care
Dental Care

• Visit to the dentist
  Have a positive approach to dental visit
Visit the dentist

• Schedule depends on risks and needs: evidence of disease, risks

• start as soon as possible*
Tips for a positive dental visit

- Get recommendations for dentist who sees pregnant moms
- Make appointment for as soon as possible
- Prepare list of information & questions
- When was last dental visit?
- What was visit for: check up, cleaning, treatment?
- Any problems then?
- Problems now?
- Questions for the dentist after visit?
Average healthy teeth & gums

- Corners round, intact
- Smooth, glossy surface
- Pink smooth tissue surface
Oral Hygiene for Moms & Moms-to-be

- **Brushing with Tooth Paste**
  - Fluoride tooth paste
  - 2 X a day for 2 minutes
  - Baking Soda Paste after vomiting

- **Oral Rinse / Wash**
  - ACT- twice a day
  - Chlorhexidine rinse

- **Floss**
  - 2 X a day

- **Xylitol gum or mint**
  - Xylitol stops bacterial growth, and reduces the bacterial levels
Session 3 Nutritional needs for oral health

“tooth friendly foods & drinks”

High calcium
  Breast fed is best fed
  Dairy products

High Vit A
  High Vit D
  High protein

Tooth friendly foods
  (Re-think Your Drink)

Xylitol
Session 5
What to avoid during pregnancy

• Cosmetic dentistry
  whitening
  braces
• Piercings
  tongue or lips
Session 6
Labor & Delivery

Hydration

Relaxation

Breathing
Session 7. Caring for your baby
How babies get can get decay causing germs

Transmission is both vertical and horizontal
Transmission from mother highest risk from 7-24 months
Other ways to spread germs
Caring for your baby’s mouth
Cleaning and Checking Your Baby’s Teeth

– Wipe mouth 2X day
– No bottles to bed
– Brush teeth when they come in
– Wipe teeth after nite feedings
– “Lift the Lip” to check for disease
– First birthday, first dental check
Session 8
Post Partum Oral Health

• Schedule dental treatment if needed
• Routine dental visits every 6 months
• Oral hygiene continues
  2X2 minutes, flossing
  Soft brush    Change every 3 months/after Illness
• Tooth Friendly foods & drinks
Questions