



ORAL HEALTH & PREGNANCY FOR THE SINGLE HOME VISIT

This information is designed to introduce oral health into the conversation when there will be only a single home visit to the pregnant woman. For more comprehensive oral health information, refer to Teeth for Two Resource Guide from the KS Head Start Association.

PREPARING FOR THE HOME VISIT

- Read Home Visitor Background Knowledge on reverse side
- Gather materials and supplies

Ask

- When was the last time you had a dentist check your teeth? What concerns do you have about seeing a dentist before your baby is born?

Discuss

- Using the information found under Home Visitor Background Knowledge, have a conversation with pregnant woman about the importance and safety of dental services during pregnancy.

Practice

- If pregnant woman is not current with dental services and does not have a dentist, help her look for a dental clinic and make an appointment.

Share

- Leave behind handout on "Is Your Mouth Ready for Pregnancy". Circle any items you want to highlight.

- If woman is concerned about safety, give referral slip to have OB complete for dentist.

- Give new toothbrush and toothpaste, if available.

HOME VISITOR BACKGROUND KNOWLEDGE

OUTCOME

Pregnant woman understands importance and safety of dental services during pregnancy and follows through with any needed treatment.

Importance of Dental Treatment- Good prenatal care includes care of the mother's teeth and gums. Tooth decay and gum disease are infections that can affect the mother and baby. Untreated problems can result in pain and poor nutritional habits that can impact the pregnancy. If she delays treatment, infection in the mother's mouth can travel to other parts of her body, causing serious illness and possibly triggering early labor, putting her and her baby's health at risk. Mothers who have active tooth decay when the baby is born have a greater risk of passing the decay-causing bacteria on to their infants.

Safety of Dental Treatment- Dental care during pregnancy is safe and important for the mother and infant's health. Research shows that all necessary dental treatment, including x-rays, is safe to receive during pregnancy.

Recommended Dental Services-

- **Before getting pregnant-** Have a complete check-up and cleaning. Complete any needed treatment.
- **During pregnancy-** Continue with regular preventive services. Seek treatment if necessary. Treatment during the second trimester is best. The dental staff will know how to provide safe treatment any time during your pregnancy that will not harm you or your baby.
- **After pregnancy-** Save any elective or cosmetic dental procedures for after the baby is born. Continue with regular dental visits.

SUPPLIES FOR HOME VISIT

- Obstetrician's referral slip (info @ohks.org)
- Soft toothbrush and toothpaste with fluoride

Check out the Smile Kit program from Delta Dental of Kansas
(<https://deltadentalks.com/community/smile-kits>)

- Handout- Is Your Mouth Ready for Pregnancy? (info@ohks.org)



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