



TIPS FOR A HEALTHY MOUTH

Brush your teeth **twice a day** with a fluoride toothpaste.

Floss at least once a day.

Eat a healthy diet full of fruits, vegetables, whole-grains and drink plenty of water.

Visit the dentist 2x a year.



RESOURCES

San Bernardino County WIC Program
Women, Infants, & Children
1-800-472-2321

Black Infant Health
Resources for Pregnant Women
1-844-352-3985

Maternal Health Network
Pregnancy Information and Resources
www.maternalhealthnetworksb.com

March of Dimes Inland Empire
Pregnancy Information and Resources
www.marchofdimes.org

Smile, California
Find a Medi-Cal Dentist
www.smilecalifornia.org

ConnectIE
Find Dental and Other Services
www.connectie.org

Tri-County Dental Society
Find a Low-Cost Dentist
www.tcds.org

For more information, please contact:
Smile San Bernardino County
info@smilesbc.org
www.smileSBC.org



Pregnancy & Oral Health



smile
SAN BERNARDINO COUNTY

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Public Health

www.smilesbc.org

WHILE YOUR ARE PREGNANT

Continue to *visit the dentist regularly*.

Your *gums might bleed more easily* because your body is going through changes. This can put you at risk for cavities.

If you *feel too sick to brush your teeth*, rinse your mouth out with water or use a mouth rinse that has fluoride.



For more information, visit
www.smilesbc.org

It is *safe* to visit the dentist during pregnancy.

Be sure to *let your dentist know* you are expecting.

*X-rays, dental procedures and some medications** are safe during pregnancy.



DID YOU KNOW?



Cavities can spread from parent to child. Avoid sharing toothbrushes, spoons or cups.



Chewing gum that contains *xylitol* (zy-lih-tohl) can help fight cavities but should not replace brushing.



If something does not feel right with your mouth, teeth or gums, *don't wait to go to the dentist*.

*Medications prescribed by your doctor or dentist

