

What prenatal and postnatal services are offered by the dental staff?

- Oral health education and counselling relating to prenatal and newborn oral care
- Presentations at parent and baby groups
- Dental hygienists can perform an oral health screening which is a visual check of your mouth

When should you see a dental professional?

- Have a dental check-up and dental cleaning before becoming pregnant or at the start of pregnancy
- Dental cleanings may be done at any time during pregnancy
- If you require dental work such as fillings, the best time is in your second trimester. Discuss treatment time options with your dental professional
- If you notice any changes in your mouth that are concerning, such as a nodule that forms on the gums (Pyogenic Granuloma)

Scan here for [dental coverage information](https://www.interiorhealth.ca/sites/default/files/PDFS/dollars-for-dental-treatment.pdf)

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To make an appointment to see a dental hygienist contact your local health centre

Cranbrook	Tel	250-420-2200
	Toll-free	1-888-426-7566

Kamloops	Tel	250-851-7337
	Toll-free	1-866-847-4372

Kelowna - Downtown	Tel	250-469-7070
	Ext	13301

Kelowna - Rutland & Winfield	Tel	250-980-4825
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West Kelowna	Tel	250-980-5150
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Kootenay Boundary Region	Tel	250-505-7244
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Penticton	Tel	250-770-3434
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Salmon Arm	Tel	250-833-4100
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Vernon	Tel	250-549-5700
	Toll-free	1-888-824-3393

Williams Lake	Tel	250-302-5000
	Toll-free	1-888-702-7771

Scan here for more [oral health information](https://www.interiorhealth.ca/services/early-childhood-dental-development-0-6-years)

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Dental Program

Pregnancy & Oral Health



Why is dental health important during pregnancy?

- Hormonal changes during pregnancy can effect your gums, causing them to be swollen and inflamed
- Good oral care supports baby's development and their dental health
- Tooth cavities are caused by bacteria in your mouth and this bacteria may be passed to your child through saliva
- Oral disease has been linked to preterm and low birth-weight babies

What should I do daily to keep my teeth and gums healthy?

- Brush your teeth and gums twice a day using a fluoride toothpaste
- Floss your teeth every day
- Drink water often, when you're thirsty and between meals
- Rinse your mouth with water after meals and snacks
- Avoid frequent sipping on acidic/sweet drinks



When do baby teeth develop?

- Teeth start forming at just 6 weeks in the womb
- Teeth will be formed by about 4-6 months into pregnancy
- Teeth will start to erupt through the gums at about 6 months after birth, but could appear earlier

What foods benefit my teeth and my baby's teeth?

- Try to eat a well-balanced diet
- Limit foods that are sticky or sweet
- Eating foods rich in Vitamin A, C, D, calcium, phosphorus and protein can support baby's growing teeth
- Focus on fruits, vegetables, grains, dairy, and lean proteins



How can I protect my teeth when I have morning sickness?

- Vomiting, acid reflux, and gagging expose teeth to acid that can make the tooth enamel soft
- Avoid brushing your teeth for 30 minutes after an acid exposure to avoid loss of minerals from the enamel
- After vomiting help neutralize your mouth by rinsing with water, or 1 tsp baking soda mixed with 1 cup water, or instead use a fluoride rinse

Can I smoke, vape or use recreational drugs or alcohol?

- There is no amount or safe time to use these
- Using these can lead to a low birth weight which can contribute to other health problems for your baby, including their teeth

- [QuitNow BC](https://quitnow.ca/)
<https://quitnow.ca/>

- [Government of Canada - Oral Health and Pregnancy](https://www.canada.ca/en/public-health/services/pregnancy/oral-health-pregnancy.html)
<https://www.canada.ca/en/public-health/services/pregnancy/oral-health-pregnancy.html>

