



Prenatal Oral Health Guidelines for Primary Care Medical Providers

To be successful in preventing oral disease, medical providers must begin preventive interventions as early as the prenatal period. Prenatal visits provide multiple “teachable moments” to educate women about the important role they play in keeping their baby healthy. Cavity Free at Three recommends oral assessment and oral health counseling be provided at every prenatal visit. **Dental diseases must be managed as a chronic disease.**

Oral Assessment

- ✓ Teeth
- ✓ Soft and hard tissues
- ✓ External structures
- ✓ Lateral borders and undersurface of tongue
- ✓ Posterior pharynx

Palpation

- ✓ Floor of mouth
- ✓ Neck

Dental home

Ask the patient if she has a Dental home. There is no contra-indication to routine dental care during pregnancy.

Treatment
Medical
Providers
Can Initiate

Anticipatory Guidance

Oral Health Anticipatory guidance

- ✓ Important for you and baby
- ✓ Bacteria is transmissible
- ✓ There are simple things you can do to keep your family healthy

Establish Self management goals

- Brushing and flossing
- Diet

Refer to dental home

Counsel patient (it is good to brush even if bleeding
Use a soft bristle brush)

Apply Fluoride Varnish to treat tooth sensitivity

Recommend xylitol gum & chlorhexidine rinse

Refer to dental home

Advise All Patients

- ✓ Brush with fluoride toothpaste 2X/day
- ✓ Floss daily
- ✓ Limit sugary snacks and drinks
- ✓ See a dental provider every 6 months
- ✓ Review anticipatory guidance