

Find Dental Care

Oral Health Resources

- ◆ Washington Information Network 2-1-1
Call 211, or visit www.win211.org
- ◆ Parenthelp123 resources page
<https://resources.parenthelp123.org/>
- ◆ Find an ABCD Dentist:
<http://abcd-dental.org/for-parent/find-an-abcd-dentist/>
- ◆ Community and Migrant Health Centers
<http://wacmhc.org/displaycommon.cfm?an=1&subarticlenbr=9>
- ◆ University of Washington Dental Clinics
<http://www.dental.washington.edu/patient/patient-care-guide.html-0>
- ◆ Free Clinic Association
<http://www.wafreeclinics.org/clinics.html>
- ◆ Washington Denturist Association
<http://www.wadenturist.com/findadenturist.aspx>
- ◆ Local CSHCN Coordinator
www.doh.wa.gov/Portals/1/Documents/Pubs/970-141-CoordinatorList.pdf
- ◆ Regional Maxillofacial Team
www.doh.wa.gov/YouandYourFamily/InfantsChildrenandTeens/HealthandSafety/ChildrenwithSpecialHealthCareNeeds/Partners/MaxillofacialTeams.aspx
- ◆ Washington Tobacco Quitline
www.quitline.com
- ◆ CSHCN Dentist Directory (UW)
<http://www.wsda.org/special-needs-directory/>
- ◆ Washington Health Benefits Exchange
<http://wahbexchange.org/>
- ◆ Washington Medicaid and Health Care Assistance
<http://www.hca.wa.gov/medicaid/pages/client.aspx>



For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).

Oral Health for Pregnant Women with Frequent Nausea



Good health starts with a healthy mouth.



Hormonal changes during pregnancy can increase your risk for gum disease.

Pregnancy is also busy time when you may pay less attention to oral hygiene leading to dental decay.

Frequent nausea brings stomach acids to the mouth, which may damage tooth enamel and may cause tooth decay. Use a teaspoon of baking soda mixed with a cup of water to rinse and spit after vomiting.

Wait one hour to brush your teeth after vomiting. Brushing too soon after vomiting can damage tooth enamel.

Rinse with a fluoride mouth rinse or chew gum with xylitol to improve taste.

Brush gently with a soft toothbrush and fluoride toothpaste twice a day after breakfast and before bed. Floss every night.

Limit juice, soda (including diet), and sports drinks between meals.

Use a mouth rinse with fluoride at bedtime. This helps to keep teeth strong and repair early signs of tooth decay.

Eat small amounts of nutritious foods like fresh strong fruits, vegetables, cheese, or nuts throughout the day to prevent nausea.

Sweet and starchy foods (sticky fruit snacks, cookies, crackers, and chips) may cause tooth decay. Eat these foods at meal time.

Ignoring personal oral hygiene and needed dental care can cause health problems for you and your baby.

Drink tap water that is optimally fluoridated. Fluoride is safe, effective, and keeps teeth strong.