PREGNANCY & NEWBORN ORAL HEALTH ADVICE

- A healthy smile during pregnancy.

Dental Insurance from the Dental Experts

DeCare DENTAL

EMPOWERING ORAL HEALTH

Our mission is to empower people to improve their oral health and general health over a lifetime.

ORAL HEALTH TIPS FOR PREGNANT WOMEN

1. Brush twice daily
2. Use a soft toothbrush
3. Use fluoride toothpaste (1450ppm)
4. Spit, do not rinse after brushing
5. Change toothbrush when bristles are worn
6. Floss daily to reduce plaque
7. Visit your dentist for a check

PREGNANCY GINGIVITIS

Your hormones change during pregnancy and can make your gums more vulnerable to plaque biofilm and may cause them to bleed and become inflamed. This usually occurs around the second and third trimester of pregnancy. Do not stop brushing or flossing. If symptoms persist, contact your dentist.

MORNING SICKNESS

The acid in your tummy can contribute to tooth erosion. Do not brush your teeth immediately after vomiting, rinse with baking soda and water.

PREGNANCY TUMOURS

Don't let the name alarm you! These are non-malignant (benign) tumours. They look like raspberries and appear in between the teeth. They can be removed if painful. They tend to vanish after your child is born.

GESTATIONAL DIABETES

This can develop during pregnancy and usually goes away once your baby is born. If you are diagnosed, limit your intake of sweet and starchy foods to help maintain blood sugar levels.

NUTRITION AND LIFESTYLE CHANGES WHEN PREGNANT

1. No smoking or drinking alcohol during pregnancy.
2. Keep hydrated (choose water or milk, instead of sugary drinks.)
3. Maintain a healthy, balanced diet.
4. It is recommended to eat 3 servings of dairy a day (eg: milk, yogurt and cheese.)
5. It is recommended to take a folic acid supplement with 400mg of folic acid per day for the first 12 weeks of your pregnancy. Eating foods high in folic acid (eg: green leafy vegetables, fortified breakfast cereals and milk) is also recommended.

TOOTH TIPS FROM 0-2 YEARS

0 to 2 months
Clean mouth with warm water and a piece of gauze (no teeth present).

6 months to 2 years
Clean teeth and gums with a soft brush and warm water. Do not use toothpaste up until the age of 2 years.

Introduce your child to a dentist before their first birthday.

Do not let your child sleep with a bottle in their mouth. A bottle at night should only contain boiled, cooled water (no juice or milk).

A child should be fed and put to bed, not put to bed and fed.

Encourage drinking from a plastic cup as soon as possible.

Preventing tooth decay will help your child's progress and promote good, overall health.

TEETHING

Symptoms of teething from the age of three months may include:

- Drooling/dribbling more than usual
- Red cheeks
- Swollen and tender gums
- Feeding irritability

Teething Solutions

- Gently massaging gums with a clean finger
- Give baby something to chew on (eg: cool teething ring)
- Ask your public health nurse for advice
- Milk or cooled water may also help

If general symptoms persist, contact your doctor.

Excessive dribbling can irritate your baby's chin, neck and chest, which can become dry, chapped and sore. Try to keep the skin as dry as possible by changing wet clothing. Apply a simple barrier cream to keep the skin soft and smooth.

Dental cover to suit all ages and budgets... Choose a plan that's right for you.

- ✓ With 4 levels of cover to choose from, you can pick the best option for you and your family.
- ✓ Spread your costs monthly at no extra charge.
- ✓ No pre-assessment necessary.
- ✓ Child-only policies available.

The Healthy Smiles Plans

		Level 1	Level 2	Level 3	Level 4
Immediate Cover	**Care and Prevent – 100% Cover**				
	- 2 dental exams per year - 2 dental cleanings per year - Dental x-rays - 1 emergency dental treatment worldwide per year	✓	✓	✓	✓
After 3 Months	**Basic Treatment – 70% Cover**				
	- Fillings - Extractions - Treatment of gum disease - Sealants (for children) - Space maintainers (for children) - Stainless steel crowns (for children)	✗	✓	✓	✓
After 12 Months	**Major Treatment – 60% Cover**				
	- Root canal - Dentures - Crowns, inlays, onlays & veneers* *€100 policy excess applies to major treatments only*	✗	✗	✓	✓
After 2 Years	**Orthodontics**				
	- €1,000 lifetime orthodontic benefit for each covered person	✗	✗	✗	✓
Immediate Cover	**Oral Cancer Benefit**				
	- €2,000 lifetime lump sum benefit	✗	✗	✓	✓
	- €1,000 lifetime oral rehabilitation benefit	✗	✗	✓	✓
Policy Maximums					
*Annual maximum for crowns, inlays, onlays and veneers per member per year		n/a	n/a	€500	€500
Lifetime maximum on ortho treatment		n/a	n/a	n/a	€1,000
Lifetime maximum on oral cancer benefit		n/a	n/a	€3,000	€3,000
Annual maximum for all other services per member per year		€500	€1,000	€1,000	€1,000

Want to increase your maximums? Annual maximums can be increased up to €2,000 on plans Level 3 & 4. Contact our sales team on 094 937 8608 or visit www.decaredental.ie for a quote.

GET IN TOUCH

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Mon - Thurs 8.30am to 5pm
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DeCare Dental Insurance Ireland DAC trading as DeCare Dental & DeCare Vision is regulated by the Central Bank of Ireland.

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