

# Edogawa Ward Prenatal Dental Checkup

## How to get a dental checkup

Choose a dental clinic and call to an appointment



Please choose from the list of designated dental clinics.



Get your dental checkup

Contents/  
Medical questionnaire,  
oral examination  
What to bring/  
Maternal and Child Health Handbook, checkup form



## Eligible persons

**Pregnant women who are registered residents of Edogawa Ward on the day of a dental checkup.**

If you're unable to get a dental checkup in Edogawa Ward during your pregnancy, you can get a dental checkup within one year from the date of your child's birth.

(Example) If your child is born on April 1st, a checkup is available until April 1st of the following year

Cost

Free

You can record your consultation in your Maternal and Child Health Handbook. Schedule a checkup for your health and your child's.

## Why is a dental checkup necessary during pregnancy?

The gums are prone to swelling during pregnancy



- ◆ Changes in female hormones
- ◆ Difficulty brushing teeth due to morning sickness
- ◆ Changes in eating habits can easily lead to deterioration of oral hygiene

Healthy gums



Gingivitis



Pale pink

Color

Red, dark red

Firm

Condition

Receding

No

Bleeding

Yes

Which one looks similar to your gums?



Is it OK to consult the dentist during pregnancy?

You are likely to develop tooth decay and gum disease during pregnancy. So, please get a prenatal dental checkup. After a dental checkup, you should finish your teeth cleaning and treatment that can be done during pregnancy.

Dental checkup once a year  
Have a family dentist!



Your child's dental hygiene starts during pregnancy.

Find a family dentist not just for mom, but for **your family**.

You will be busy when the baby is born.

So, you'll be better to find a dental clinic in Edogawa Ward for your family as soon as possible. It will help your baby's oral health.





# What kind of care can we do at home?

How to floss  
(Edogawa City Homepage)



## For preventing gum disease

Guide the floss between your teeth down to about 1mm from your gums.



## Just using a toothbrush is not enough! Add a floss!

A toothbrush can only remove about 50% of the plaque between the teeth. You can remove up to 90% by using floss in addition to toothbrush.

## For preventing cavities

## Use a fluoride to make your teeth strong!



### Add to your everyday care!

### Fluoride toothpaste

#### Effective use!

- Use about 2cm
- Gargle lightly once with little water
- Fluoride concentration is about 1500ppm



### Fluoride mouth rinse

Gargle and rinse with a fluoride mouth rinse for about 1 minute!



### Regularly at the dentist!

### Fluoride Application

Highly concentrated fluoride application can only be available at dental clinics!



## Stop smoking

Smoking increases the risk of premature birth, miscarriage and low birth weight infant.

It also has a negative effect on the baby's overall development.

It is important to ask your family for cooperate, to avoid secondhand smoking.



### Contact us

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