



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
E-Mail ID: mgmdch@mgmmumbai.ac.in



Dental Care Tips for New Mothers **Dental Health Camp at Wavanje Primary Health Care Centre**

Date: 05th February 2025

Venue: Wavanje PHC

Faculty: Dr. Swati

NSS Faculty Incharge : Dr. Aishwarya Patil

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS
unit of MGMDCH.

Number of Students attended: 2

Oral health plays a crucial role in overall well-being, and for new mothers, it becomes even more important. Pregnancy and postpartum hormonal changes can make women more susceptible to dental issues such as gum inflammation, bleeding gums, and tooth decay. Additionally, the demands of motherhood often result in new mothers neglecting their own health, including oral hygiene. However, a mother's dental health is not just about her—it directly affects her child's oral health too. Studies have shown that harmful bacteria causing cavities can be transmitted from mother to child through shared utensils, kissing, and other common interactions.

MGM Dental college constantly takes efforts of extending oral health care of community. the oral care initiative was also extended to patients at Wavanje PHC with the intention of Creating awareness about dental care tips for new mothers. By promoting these techniques, it helps to improve oral health of Individuals at Wavanje PHC Centre.

Aim and objective:

The primary aim of the camp was to educate new mothers about the significance of oral hygiene and its impact on both maternal and infant health while providing them with practical guidance to maintain good oral care habits.

- To raise awareness about the importance of maintaining good oral health during and after pregnancy.

- To teach proper brushing and flossing techniques.
- To highlight the impact of diet on oral health.
- To inform mothers about the link between maternal and infant dental health.
- To address common dental concerns in new mothers, such as gum problems, sensitivity, and cavities.
- To encourage mothers to schedule regular dental check-ups for themselves and their babies.
- To provide preventive dental care and treatment as needed.

Method:

The camp was organised at Wavanje Primary Health Care Centre with the participation of faculty members, interns and dental professionals. It consisted of the following key activities:

Type 2 Examination was conducted using Mouth mirror and Straight probe.

1.Educational Session: A detailed presentation on maternal oral health, common dental issues post-pregnancy, and infant oral care was conducted.

2.Demonstration: Proper brushing and flossing techniques were demonstrated to ensure correct oral hygiene practices.

3.Interactive Discussion: Participants were encouraged to ask questions and share their experiences related to dental health.

4.Free Dental Check-ups: A total of 19 mothers received free oral health screenings.

5.Treatment Procedures: Necessary treatments such as scaling, fluoride application, and minor restorations were provided to 14 participants.

6.Distribution of Educational Materials: Pamphlets containing oral hygiene instructions and dietary recommendations were given to the participants for future reference.

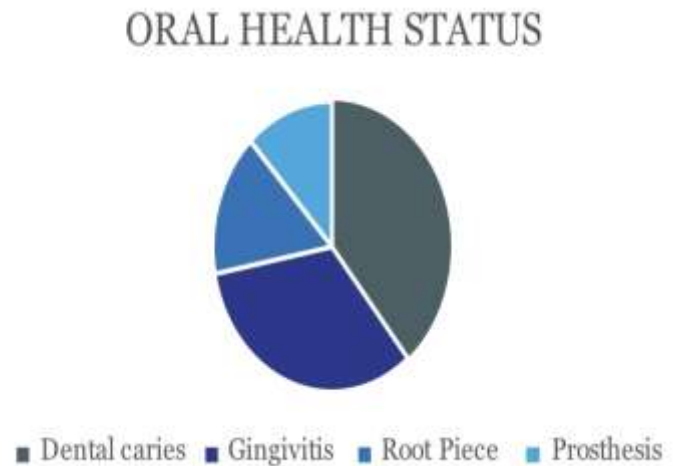
Observations:

- Many mothers were unaware of how pregnancy and breastfeeding could impact their oral health, particularly the increased risk of gum disease and enamel erosion.
- A significant number of participants admitted to neglecting their oral care due to the challenges of taking care of a newborn, such as lack of time and fatigue.
- Several mothers reported experiencing gum bleeding, tooth sensitivity, and cavities post-pregnancy but had

not sought professional dental care.

- A majority of the mothers were unaware that they should clean their baby's gums even before teeth erupt and that early childhood cavities could develop due to prolonged bottle feeding and sugary diets.

Conditions	No. Of Patients
Dental caries	09
Periodontal disease	04
Root piece	03
Prosthesis	03



Interpretation and Conclusion:

The observations from the camp revealed a significant gap in awareness regarding maternal and infant oral health. While most mothers understood the importance of general hygiene, they had little knowledge of how dental care fits into overall health, especially post-pregnancy. The interactive nature of the session helped address their specific concerns, and the response from participants was overwhelmingly positive.

This camp highlighted the need for continuous oral health education for mothers, particularly in community settings where access to dental care and awareness remains limited.



Dental team at the camp site

List of Attendees

Name of Staff	
1.	Dr. Swati Singh
2.	Dr. Aishwarya Patil
Name of Interns	
3.	Bharti Jat
4.	Mihit Kankariya