

ORAL HEALTH DURING PREGNANCY



During your pregnancy it is important to take care of your mouth, including your teeth. Taking care of your teeth, eating healthy foods and practicing other good health behaviors is important for you and your baby.

TIPS FOR GOOD ORAL HEALTH CARE:

- Changes to your body during pregnancy can cause your gums to be sore and swollen and possibly bleed. This is called gingivitis and should be treated by your dentist.
- Oral care is safe during pregnancy and it is important to visit the dentist every 6 months or when you have concerns.
- You should brush at least twice a day and replace your toothbrush every 3 to 4 months.
- Rinse every night with a mouthwash that contains fluoride.
- Eat a variety of healthy foods such as fruits, vegetables, dairy products and whole grains.
- If you vomit, it is important to rinse your mouth to stop the acid from attacking your teeth.

BABY TEETH ARE IMPORTANT

- The good habit of brushing baby teeth will start a good habit for the adult teeth. You should begin wiping your baby's gums even before they have teeth. You can wipe them with a clean wash cloth or gauze.
- Baby teeth hold space for the adult teeth to grow into.
- Baby teeth allow kids to eat right.
- Healthy baby teeth help to keep the rest of the body well.
- Baby teeth also help kids to speak clearly.
- Healthy teeth help children do better in school because they are not in pain.
- Children with healthy teeth feel good about themselves.



Looking for health and wellness resources? There are places near you that can help! Visit DentaQuest's Community Resource page to view a list of resources in your area. Just use your smartphone camera to scan this code. Hover over the code and tap on your screen.

