



Oral Health during Pregnancy

**Oral health is important for you, your baby,
and your pregnancy.**

**Your baby's teeth are forming in the fourth
week of your pregnancy, so start taking care
of your gums and your teeth now.**

Your baby is depending on you.

Practice Good Nutrition Habits

- √ Eat foods high in iron, folic acid and calcium
- √ Reduce cavity causing "acid attacks" on your teeth by limiting sweet and starchy foods and sugared beverages to mealtimes and in moderation.

Brush and Floss Daily

- √ Hormonal changes make it easier for you to have infected gums
- √ Brush your teeth at least twice a day, especially just before you go to sleep.
- √ Use fluoride toothpaste and a soft-bristled brush, plus a mouth rinse with fluoride.
- √ Brush front, back and top of all teeth, especially where your teeth and gums meet. Germs also hide on your tongue, so brush it, too.
- √ Flossing between teeth helps attack the plaque where your toothbrush can't reach.
- √ If you vomit, do not brush immediately following, but rinse first with baking soda, water, or a fluoride mouth rinse.

Have a Dental Checkup

- √ Have your teeth cleaned and checked by a dental professional, preferably in your second trimester and early in the third trimester.
- √ If you have pain and bleeding in your mouth, tell your doctor and see a dentist right away.
- √ Your germs that cause cavities can be passed on to your newborn.

This information is brought to you by:

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