



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 depends on it.

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.

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