Dental Care During Pregnancy

Taking care of your mouth while you are pregnant is important—for you and your baby!
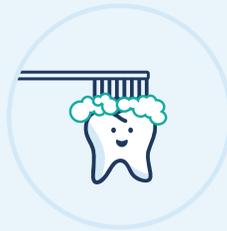
Because of changes in your body, taking care of your teeth is very important when you're pregnant.

To keep you and your baby healthy:

☐ **MAKE AN APPOINTMENT WITH THE DENTIST**

☐ **EAT HEALTHY FOODS**

☐ **BRUSH AND FLOSS REGULARLY**

For more information visit **www.beforethefirsttooth.org**

BEFORE THE FIRST TOOTH **MaineHealth**

Caring For Your Baby's First Teeth

- **Before your baby has teeth,** wipe your baby's gums with a clean, damp washcloth once per day.

- **Do not use your mouth** to clean your baby's pacifiers. Adults can have germs in their mouths that can cause cavities in babies.

- **If you have well water,** talk to your doctor about getting it tested for fluoride.

- **Start cleaning baby teeth** as soon as they come in. Use a baby toothbrush with a smear of toothpaste that has fluoride in it.

Smear (Birth-3 years)　　**Pea (3-6 years)**

Images courtesy of MouthHealthy.org, the American Dental Association's website for parents.

It is safe and important to have proper dental care during your pregnancy

Schedule a dental visit during your pregnancy

Use of X-rays, pain medicines, and shots that numb your mouth is safe during pregnancy.

If your last dental visit was more than 6 months ago, make an appointment soon and tell the office that you are pregnant and your due date.

Be aware of swollen, red, or bleeding gums

During pregnancy, changes in your body can cause your gums to be sore, red, puffy and bleed easily. If any of these happen to you see a dentist soon.