

# Pregnancy

— AND —

# Dental Health

WHAT YOU  
NEED TO KNOW



## Cavities During Pregnancy

When you are pregnant, you are more likely to get cavities because there is more acid in your mouth. To lower your chance of getting cavities:

- Brush regularly and don't skip regular dental visits
- Eat low sugar snacks whenever you can

## Morning Sickness

If you get sick, acid from your stomach gets on your teeth and can damage them. To keep your teeth healthy:

- Don't brush right after vomiting because brushing rubs the acid into your teeth
- Rinse your mouth with water or a baking soda and water mixture
- Using toothpaste and a mouth rise with fluoride can make your teeth stronger and less sensitive

## Changes In The Mouth

During pregnancy, you can develop gingivitis (swollen gums). To lower your chance of getting this:

- Brush and floss regularly
- Follow any advice from your dentist. He/she may ask you to have your teeth cleaned more often

## Diet Matters

Your baby's teeth start growing in the 2nd trimester of your pregnancy. For healthy teeth in your baby:

- Choose foods such as raw vegetables, fruits, yogurt, and cheese to promote healthy development
- Be sure to take a prenatal vitamin

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For more information visit [www.beforethefirsttooth.org](http://www.beforethefirsttooth.org)



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