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

Dental Care During Pregnancy

Taking care of your mouth while you are pregnant is important—for you and your baby!

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS), grant number: H47MC28898. Information, content and conclusions are those of the author and should not be constructed as official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

For more information visit www.beforethefirsttooth.org
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.

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.

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

For more information about prenatal dental care visit beforethefirsttooth.org
For more information about children’s dental care visit fromthefirsttooth.org