

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

For more information visit www.beforethefirsttooth.org



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