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

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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.

For more information about prenatal dental care visit beforethefirsttooth.org

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.

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