



Pregnancy and Dental Health

Keeping your teeth and gums healthy during pregnancy has many benefits for you and your baby.

DID YOU KNOW?

- Vomiting can expose your teeth to stomach acid. Acid can make your teeth weaker and promote tooth decay.
- Hormonal changes during pregnancy can make your gums swollen and bleed. This is known as “pregnancy gingivitis.”

MORNING SICKNESS

- All the changes taking place during pregnancy can cause nausea and vomiting, known as morning sickness.
- Try eating a few unsalted crackers or dry toast, and rest for 15 minutes before getting out of bed.
- After vomiting, rinse your mouth with water. Ask your dentist or hygienist about fluoride rinses.
- If vomiting persists, notify your doctor.



WHAT CAN YOU DO TO HELP?

- Brush your teeth and your gums with a soft toothbrush at least twice a day, using a small amount fluoride toothpaste (no more than a pea size). Also, gently brush your tongue.
- Floss daily to remove plaque from between your teeth and gums. If your gums bleed, keep on flossing.
- Eat healthy nutritious food, limit sugary foods and drinks.



VISITING THE DENTIST AND THE HYGIENIST

- Tell your dentist and hygienist you are pregnant.
- It is important to get cleanings and check-ups before, during and after pregnancy.