Pregnancy & Oral Health

Oral Health Concerns

Visit your dental professional as soon as you know you are pregnant.

25% of women will have swollen, bleeding gums during pregnancy due to hormonal changes.

Morning Sickness

If you vomit...

1. Rinse your mouth with water
2. Wait 30 minutes, then brush with fluoride toothpaste
3. Stomach acids left in the mouth can damage teeth
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Everyday...

Clean your gums and teeth

Use fluoride toothpaste to help reduce decay

Eat well-balanced meals and snacks

Get enough calcium

Limit sugary drinks and sticky snacks
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The Health of Your Mouth Can Affect Your Baby

Women with untreated gum disease may have premature or lower birth weight babies.

Babies get the bacteria that causes tooth decay from their mothers (or main caregivers).

Nutrition During Pregnancy Is Important...

Your baby’s teeth begin to form at 6 weeks of pregnancy and start to harden (calcify) at 4 months.

Calcium is important for tooth growth. Enough calcium is needed during pregnancy for proper tooth development.