

TAKING CARE OF YOUR TEETH

✓ See a dentist every 6 months.

✓ Brush your teeth and floss twice a day.



✓ Morning sickness?

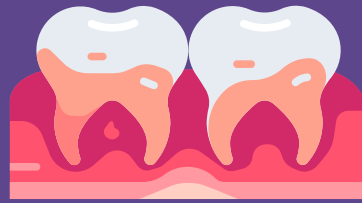
Rinse your mouth with 1 teaspoon of baking soda mixed with water after you get sick.

OTHER TIPS

- Eat healthy foods. Try to cut down on sweets.
- Drink water or milk instead of sugary drinks like juice or soda.
- Drink lots of water throughout the day.
- Go to the dentist before you give birth.
- Replace your toothbrush every 3-4 months.
- Do not share your toothbrush.
- Avoid smoking and drinking alcohol.
- Oral health care such as X-rays and pain medication are safe during pregnancy. Talk to your dentist if you have any concerns.

ORAL CARE DURING PREGNANCY





WHAT PROBLEMS SHOULD I CHECK FOR?

HOW CAN PREGNANCY AFFECT MY TEETH?

- Being more tired at night → skipping nighttime brushing and flossing
- Changes in hormones → gum disease
- Morning sickness → stomach acid from throwing up can affect teeth
- Increased snacking → cavities
- Calcium loss → lower bone density



Gum Disease

Hormones during pregnancy can lead to sensitive gums. This can cause gum disease if you don't brush your teeth and floss often.

Cavities

Your eating habits can change during pregnancy. This can lead to having bacteria that cause cavities in your mouth. This bacteria can be given to your baby after birth, causing your baby to have cavities too. It's important to get cavities treated early on.

SIGNS OF DENTAL PROBLEMS

- Toothache
- Bad breath
- Loose teeth
- Mouth sores on gums
- Gum swelling, pain, bleeding
- New spaces between teeth
- Other pain in the mouth