

# ORAL HEALTH DURING PREGNANCY



When you are expecting a new member of the family, your oral health is important for you and your baby's health. Here are some tips to help you continue to take care of yourself during pregnancy.

## VISIT TO THE DENTIST

Your dentist will perform routine dental exams and cleanings. This will help you keep your teeth and gums healthy during pregnancy to avoid common problems.

Schedule your dental visit during the fourth to sixth month of your pregnancy. This is the period when the formation of most of the baby's major organs is complete and the products used in the office do not directly affect the baby.

If you go to the dentist during the first trimester, inform him or her of your pregnancy and only have a checkup with a routine cleaning. The dentist will avoid x-rays, anesthetics, pain medications and antibiotics unless necessary.

## PREGNANCY AND ORAL HEALTH

Pregnancy increases hormones in your body. Hormones, such as estrogen and progesterone, can affect oral health. Some common symptoms you may experience during pregnancy are:

- Increased risk of gum disease, including gingivitis.
- Acid decay due to morning sickness.
- Sore or swollen gums.
- Bleeding gums.
- Bad breath.

## TAKE CARE OF YOUR ORAL HEALTH

- Maintain a balanced diet.
- Brush your teeth twice a day with a fluoride toothpaste.
- Floss daily.
- Rinse your mouth with water and a teaspoon of baking soda. This will counteract the effect of stomach acid on your teeth due to morning sickness.
- Visit your dentist for routine cleanings and exams.

**Talk to your dentist and obstetrician to help you determine proper oral health care, depending on your trimester.**



For more information, please contact the  
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