

Oral Health

During pregnancy oral health is very important. Oral health means the health of your gums, teeth, and jaw. Good oral health during pregnancy is good for the overall health of both you and your baby.

Why should you pay attention to your oral health during pregnancy?

Your hormones change during pregnancy making you at risk for oral health diseases.

Can morning sickness hurt your teeth?

Morning sickness can also hurt your oral health. Vomit has acid in it. Acid can wear down the outside layer (enamel) of your teeth. This can cause cavities. Rinse with water after you are sick.

Can you see a dentist or dental hygienist when your pregnant?

Schedule a dentist appointment during your first trimester. Dental work is safe during pregnancy. Your dentist will clean your teeth and give you a checkup. X-rays should be avoided, if possible. If you need them, your healthcare provider will put a lead vest over your stomach to protect your baby.



How can you take care of your teeth?

Oral disease can be prevented and treated. You can take these simple actions to protect the health of you and your baby.

- Take prenatal vitamins.
- Use toothpaste with fluoride.
- Brush your teeth two times a day.
- Brush your tongue.
- Floss daily.
- Eat healthy foods.
- Limit sugary foods and drinks.
- Rinse your mouth with water or mouth wash if you throw up.

