

Oral Health

Oral health is very important during pregnancy. 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, putting you at risk for oral health diseases.

Can morning sickness hurt your teeth?

Morning sickness can 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 vomit.

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

Schedule a dentist appointment during your first trimester. Dental work is safe during pregnancy. You will have your teeth cleaned, and your dentist will give you a checkup. X-rays should be avoided, if possible. If you need x-rays, 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 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.
- Go for regular dental check ups.

