



DENTAL HEALTH DURING PREGNANCY: It's About More Than A Great Smile



WHAT IS THE CONNECTION BETWEEN PREGNANCY AND DENTAL HEALTH?

Hormone changes during pregnancy make people more likely to develop gingivitis. This means their gums get tender and swollen, or bleed.

Pregnancy also increases the risk for gum disease. Research shows that people with gum disease are much more likely to give birth prematurely.



TIPS FOR TAKING GOOD CARE OF TEETH AND GUMS DURING PREGNANCY

1 See your dentist as soon as you can after you get pregnant.

TELL THEM ABOUT:

- ✓ Prescription medications you are taking
- ✓ Vitamins, including prenatal vitamins
- ✓ Any pain, bleeding, or swelling of your gums

Untreated gum or tooth disease can affect your growing baby, so it's very important to seek treatment quickly.

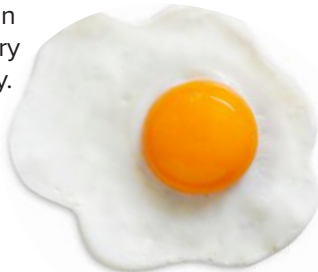
Most urgent dental care, including X-rays, can be done while you're pregnant.

2 Make sure your diet contains plenty of foods that provide iron, vitamin C, and calcium.

These nutrients help keep your teeth strong and healthy!

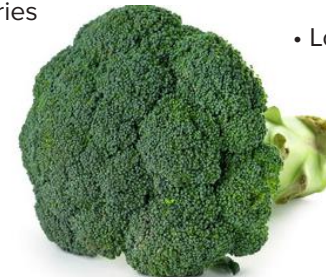
IRON-RICH FOODS:

- Beef
- Turkey
- Eggs
- Beans
- Iron-fortified cereals



VITAMIN C-RICH FOODS:

- Bell peppers
- Broccoli
- Cabbage
- Oranges
- Strawberries



CALCIUM-RICH DAIRY FOODS:

- Low-fat or non-fat yogurt
- Non-fat milk (skim milk)
- Low-fat milk (1% milk)
- Calcium-fortified soy milk (soy beverage)
- Low-fat cheese





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3 Brush your teeth or rinse your mouth after eating sticky or sugary foods.

4 Brush 2 to 3 times per day, and floss daily.



MORNING SICKNESS GETTING IN THE WAY OF REGULAR BRUSHING

MAYBE THESE TIPS WILL HELP:

- If regular toothpaste makes you feel sick, try switching to a milder tasting toothpaste. Or, brushing with plain water is better than nothing.
- If first thing in the morning is not a great time for you, try mid-morning. Or, as soon as you are feeling well enough. Put an extra toothbrush in your purse.
- If your gums bleed when you brush, switch to a new toothbrush with softer bristles. Brush gently.
- If morning sickness causes you to vomit, rinse your mouth out with water afterward. This helps remove acid from your teeth that can cause tooth decay. After rinsing, wait 15 minutes before brushing your teeth so that you do not brush acid into your teeth.



Take This Lesson to Learn:

- Why dental health is so important during pregnancy.
- Simple ways to have healthy teeth and gums for life.

To Get Started:

- Visit wichealth.org
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Pregnancy and Baby's First 6 Months
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