



ORAL HEALTH CARE

PREGNANCY

Practicing good oral hygiene will help keep you and your baby healthy during your pregnancy. For more tips see the back of this card.



Health
Department

ORAL HEALTH TIPS

Hormone changes during pregnancy may lead to the development of gingivitis. An early sign of gingivitis is red and swollen gums.

THINGS TO CONSIDER

- Gum disease during pregnancy is linked to premature and low birth weight babies.
- Schedule at least one dental visit while you are pregnant.
- Use a soft bristled toothbrush.
- Eat fewer sugary snacks and drink fewer sugary drinks.
- Floss once a day before bed rinse every night with an alcohol-free mouthwash.

DENTAL CARE

- Tell your dentist you are pregnant before your appointment.
- Tell your dentist about any medications or supplements you are taking.
- Don't skip any required dental treatments. Missing oral health care appointments can lead to other health problems for you and your baby.

Scan the code to help you find a dentist, low cost care, or insurance.

