



HEALTHY SMILE,

HEALTHY BABY

**Oral health during pregnancy –
important for you and your baby**

During pregnancy, it's important to remember your oral health. Because a healthy mouth helps your baby's health too.

What to expect with your dental health

During pregnancy, some dental problems might become worse. Like gingivitis, a mild form of gum disease. It's important to continue to see your dentist during pregnancy for oral exams and cleanings. Make sure you tell your dentist if you notice any changes in your mouth such as swelling, redness or bleeding.



Research shows that women with gum disease may be at greater risk of giving birth to a preterm or low birth weight baby.*

Healthy habits during pregnancy

These tips will help you maintain a healthy mouth during pregnancy:**

- › Brush thoroughly twice a day with a fluoride toothpaste.
- › Floss between your teeth daily.
- › Eat a balanced diet. Snack in moderation.
- › Visit your dentist regularly for a professional cleaning and exam.
- › If you have morning sickness and are vomiting frequently, try rinsing with a teaspoon of baking soda mixed with water. This stops stomach acid from attacking your teeth.

A healthy mouth. And a healthy baby. Now that's something to smile about. Call your dentist to schedule an exam and cleaning today.

* American Academy of Periodontology, "Expectant Mothers' Periodontal Health Vital to Health of her Baby." www.perio.org/www.perio.org/consumer/AAP_EFP_Pregnancy. Accessed December 1, 2014.

** American Dental Association, "Healthy Habits." www.mouthhealthy.org/en/pregnancy/healthy-habits. Accessed December 1, 2014.

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