Pregnant Women

➤ Taking care of your teeth during pregnancy helps your overall health and keeps you and your baby healthy.

➤ Hormonal changes during pregnancy can increase your risk for gum disease. Pregnancy is also a busy time when you may pay less attention to oral hygiene leading to dental decay.

➤ If you have healthy teeth, your baby is at lower risk for tooth decay.

➤ Get all tooth decay treated before your baby is born. This will decrease the chance of you passing germs that may cause tooth decay to your baby through saliva.

➤ Brush with fluoride toothpaste twice a day, <u>after</u> breakfast and before bed with a soft toothbrush. Floss every night.

➤ Drink tap water that is optimally fluoridated. Fluoride is safe, effective, and keeps teeth strong.

➤ Sweet and starchy foods (sticky fruit snacks, cookies, crackers, and chips) may cause tooth decay. Eat these foods at meal time. In between meals, snack on fresh fruits, vegetables, cheese, or nuts.

➤ Limit juice, soda (including diet), and sports drinks between meals.

➤ Visit a dental provider. Dentists and dental hygienists are available in private dental offices, community health clinics, schools, and mobile vans.

➤ Dental treatment, x-rays and anesthesia are safe for you and your baby any time during pregnancy. Be sure your provider uses a lead apron and thyroid collar to protect you and your baby during x-rays.

➤ Ignoring personal oral hygiene and needed dental care can cause health problems for you and your baby.

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