

Tips for Good Oral Health During Pregnancy

The health of your teeth and gums is important because it affects the health of you and your child. Getting dental care while you are pregnant is safe and important during pregnancy. If your mouth is healthy, you will give your baby a healthy start! Do the following to help keep you and your baby healthy.

Practice Good Oral Hygiene

- Brush teeth twice a day with fluoride toothpaste.
- Floss once a day to prevent red, puffy gums.
- If you vomit, rinse your mouth with a teaspoon of baking soda dissolved in a cup of water to stop acid from attacking your teeth. Delay toothbrushing for about an hour.

Get Dental Care

- Tell the dentist and dental hygienist that you are pregnant and your due date.
- All dental treatment should be completed before delivery.
- Dental care, including the use of X-rays, most pain medications, and local anesthesia, is safe during pregnancy.
- Changes to your body when you are pregnant may make your gums sore or puffy and may make them bleed. This problem is called gingivitis (inflammation of the gums). If gingivitis is not treated, it may lead to periodontal (gum) disease, which can cause tooth loss.

Eat Healthy Foods

- Eat a balanced and nutritious diet.
- Avoid foods high in sugar. Also avoid beverages high in sugar like juice, fruit-flavored drinks, and soda.
- If you have problems with nausea, eat small amounts of healthy foods throughout the day.
- Drink fluoridated water throughout the day, especially between meals. Most tap water in Texas contains fluoride which prevents cavities. Most water filters do not remove fluoride.

Practice Other Healthy Behaviors

- Attend prenatal classes.
- Stop use of all tobacco products and recreational drugs. Avoid secondhand smoke.
- Do not drink alcohol.
- Take folic acid and iron supplements as recommended by your prenatal doctor or nurse.



For help finding a dentist, call 2-1-1 or visit: [211Texas.org](https://www.211Texas.org)



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