



Dental Care for Pregnant Moms

When you are pregnant, it is important to take extra good care of your teeth and gums!

Mothers with healthy teeth and gums are less likely to have problems in their pregnancy. Hormonal changes that occur during pregnancy can affect the gums. The gums may become swollen and inflamed. This is called gum disease. Gum disease can cause early labor or low birth weight babies and if you have cavities, you can transmit the disease to your baby.

Here's what to do —

- **Brush your teeth** twice daily with a soft brush and fluoride toothpaste.
- **Floss your teeth** once every day.
- **Get a regular checkup** with your dentist every six months.
- **Eat right.** Eat foods that are rich in vitamins and minerals.
- **Avoid sugary foods.** They cause cavities.
- **Do not drink pop.** The acid in pop will erode your teeth and cause cavities.

Good Food for Pregnant Moms

Fresh Fruits • Vegetables • Whole Grains
• Lean Beef, Lean Pork, Chicken & Fish
• Low Fat Milk, Yogurt & Cheese. Drink Soy Milk if you have an allergy to milk.

Drink lots of water between meals and with food.

Limit sugary foods and eat them with fruits, vegetables, water or cheese.

If you vomit, it leaves acid in your mouth that can dissolve your teeth. Rinse with water or non-alcohol mouthwash right away but do not brush right away. Rinsing will remove the acid from your mouth and freshen your breath.

Things to avoid —

- **Medication.** Some medications can cause dark teeth in babies.
- **X-Rays.** Getting an x-ray can cause low birth weight for your baby. Tell your dentist or doctor you are pregnant!
- **Alcohol.** Drinking alcohol can effect your baby's brain and development.
- **Smoking.** Smoking during pregnancy can cause low birth-weight and can harm your baby's health.

Congratulations on being a new mom!

We at **Community Dental Care** wish you a healthy, happy pregnancy and new baby.

Community Dental Care

quality dental care for all

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Community Dental Care is a member of the Partnership for Improving Children's Oral Health in Ramsey County and a United Way Bright Smiles partner.

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