

ODA PATIENT'S PAGE

This message brought to you by your dentist - a proud member of the Oklahoma Dental Association

Taking Care of Your Teeth While Pregnant

Changes to your body when you are pregnant can make your gums sore, puffy, and red if you do not brush and floss every day. This problem is called gingivitis. If gingivitis is not treated, it may lead to periodontal disease. Give your baby a healthy start!

While You Are Pregnant:

Brush and Floss:

- To prevent or control tooth decay, brush your teeth twice a day with a soft toothbrush and toothpaste with fluoride.
- Floss once a day.
- If you can't brush your teeth because you feel sick, rinse your mouth with water or a mouth rinse that has fluoride.
- If you vomit, rinse your mouth with water.

Eat Healthy Foods:

- Eat fruits, vegetables, whole grain products like bread or crackers, and dairy products like milk, yogurt, or cheese. Lean meats, fish, poultry, eggs, beans, and nuts are also good choices. Eat foods containing sugar only at mealtimes.
- Drink water or low-fat milk instead of fruit juice, sports drinks, or soda.
- Drink water at least a few times a day, especially between meals and snacks.
- Cut down on sweets like candy, cookies, cake, and sugary drinks (like sport drinks or soda).
- Look for products (like chewing gum or mints) that are sugar-free or contain xylitol.

Get Dental Care:

- Get a dental checkup. It is safe to visit your dentist when you are pregnant. Don't put it off until after you have the baby.
- Tell the dental office staff that you're pregnant and let them know your due date. This will help the dental team keep you comfortable.
- The dental team may recommend fluoride rinses or chewing gum with xylitol, which can help reduce bacteria that can cause tooth decay and gingivitis.
- Talk to your doctor if you need help getting dental care or making an appointment.



Taking care of your mouth while you are pregnant is important for you and your baby. Brushing, flossing, eating healthy foods, and getting dental checkups and treatments will help make you and your baby healthy.