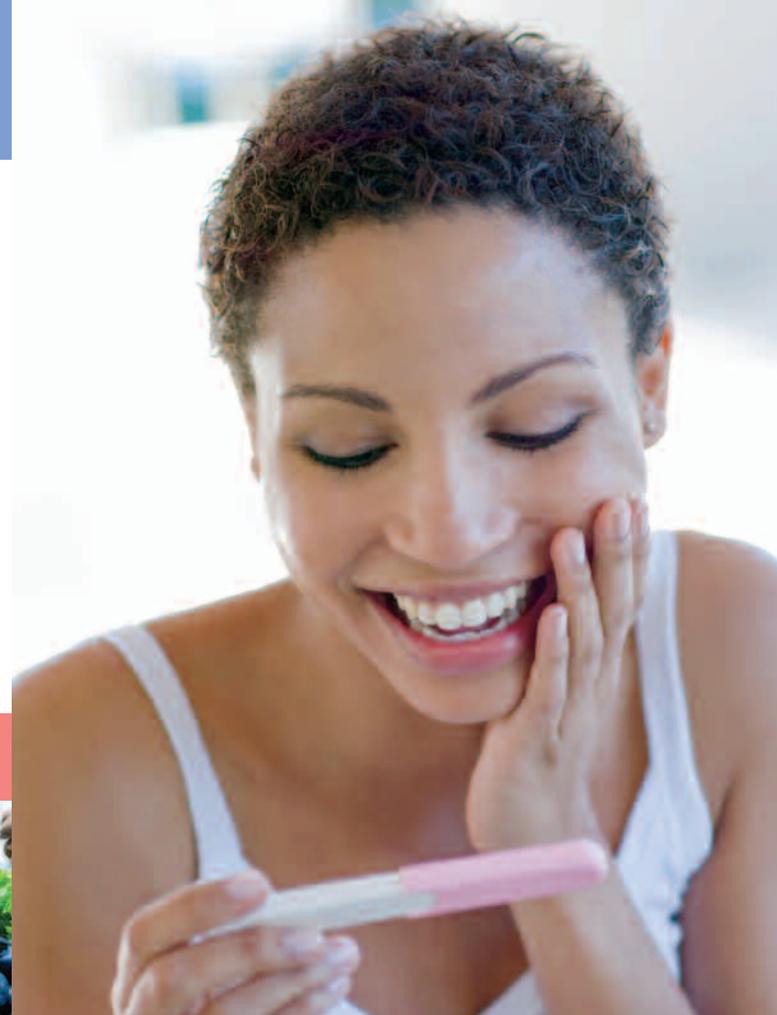




## What kinds of foods can harm my teeth?

- Foods with a lot of sugar, like candy, cake and sodas, can harm your teeth.
- The longer sugars stay in your mouth, the longer they can attack your teeth.
- Remember to brush and floss your teeth after meals and snacks.

Eat healthy foods, like fruits and vegetables.



## What medicines are safe to take while I am pregnant?

- Always ask your doctor or midwife before you take any medicines.
- Read the labels.
- To learn more, talk to your dentist or contact the dental office of your local health department.



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# Pregnancy and Your Teeth

\* A guide for dental care when you are pregnant



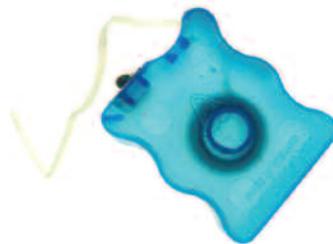
## Why should I see my dentist when I am pregnant?

- The health of your teeth and gums can affect the health of your unborn baby.
- Your hormones change when you are pregnant.
- The change in your hormones may cause you to have a lot of dental plaque.
- Dental plaque is a harmful, clear, sticky layer on your teeth.
- If dental plaque is not removed, it will build up and cause pregnancy gingivitis ([gin-gi-vi-tis](#)).
- Pregnancy gingivitis is a serious disease that many pregnant women get. It causes your gums to be red and swollen and to bleed when you brush or floss your teeth.
- If pregnancy gingivitis is not treated by a dentist, it may lead to a more serious disease in your mouth called periodontal ([peri-o-don-tal](#)) disease.



## How can I prevent mouth diseases?

- Make an appointment to see your dentist as soon as you find out that you are pregnant.
- Keep all of your appointments to see your dentist.
- Brush and floss your teeth in the morning, and after meals or snacks.
- Brush and floss your teeth before going to bed to keep dental plaque from building up while you are sleeping.
- Rinse your mouth with mouthwash or water if brushing your teeth causes morning sickness.



## \* Protect your teeth to protect your baby

If you have gingivitis or periodontal disease, your baby might be born too soon or too small.

When babies are born too small or too soon, they may have to stay in the hospital longer. These babies can have problems breathing, eating, and keeping warm, even after they come home from the hospital.

## What about dental work while I am pregnant?

- Your dentist may clean your teeth and clean around your gums.
- Your dentist may wait until after you have your baby to do more serious dental work.
- Your dentist will tell you what you should do to protect your teeth while you are pregnant.

**Do not be afraid to see your dentist. Your dentist cares about you and your baby.**

