

WORD OF MOUTH

Caring for Your Teeth During Pregnancy



- Visit a dentist.
- You are more likely to have gum disease and cavities when you're pregnant.
- Dental care is safe and important.
- Be sure to tell your dentist or hygienist that you are pregnant and when the baby is due.



WORD OF MOUTH

Caring for Your Teeth During Pregnancy



- Brush twice a day with fluoride toothpaste.
- Floss every day.
- Limit starchy and sugary foods. They stick to your teeth and feed the germs that cause cavities.
- Chose water instead of sugary drinks.



Department
of Health