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# A PREGNANT WOMAN'S GUIDE TO A HEALTHY SMILE



**DentaQuest**<sup>™</sup>  
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# WHAT EVERY PREGNANT WOMAN SHOULD KNOW ABOUT A HEALTHY MOUTH



## CONGRATULATIONS ON YOUR PREGNANCY! PRENATAL DENTAL CARE FOR YOU AND YOUR BABY IS IMPORTANT.

### Pregnancy and Oral Health

Changes in your body during pregnancy can affect your mouth. Gingivitis, or gum disease, is common during pregnancy. This is when the gums become red, puffy and bleed easily. Periodontal disease can happen when gingivitis is not treated. This is when the bone that supports teeth is lost. Cravings for sugary foods and drinks and morning sickness can cause tooth decay.

### Signs of an Unhealthy Mouth

- Foul taste
- Bad breath
- Red, puffy gums
- Gums that bleed easily
- Loose teeth
- Tooth pain

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### Follow These Steps to Have a Healthy Mouth During and After Pregnancy

- Brush twice a day and floss once a day.
- Use toothpaste with fluoride.
- Replace your toothbrush every 3 months or after you have been sick.
- Protect your teeth from acid caused by morning sickness. Rinse your mouth with 1 cup of water mixed with one teaspoon baking soda.
- Do not drink alcohol or use tobacco.

### Eat Healthy Foods

- Lean meats like turkey, chicken and fish
- Breads and cereals with whole grains
- Milk, cheese, and yogurt
- Fruits and vegetables, including beans
- Foods low in sugar
- Drink water instead of juice or soda

### Visit Your Dental Provider

- Your dental provider can help keep your mouth healthy.
- Dental care is safe and important during pregnancy.

