Oral health during pregnancy

Keeping your own mouth healthy reduces the number of cavity-causing germs that are passed on to your baby.

Children of moms with tooth decay are much more likely to develop tooth decay. Hormonal changes during pregnancy can lead to inflamed gums called gingivitis. Your gums may be sore and swollen, and they may bleed a little when you brush your teeth.

- It is important to see your dentist for checkups when you are pregnant.

- As soon as possible, tell your dentist that you are pregnant. Early dental care may prevent oral health problems.

- Tell your dentist if you have noticed any changes in your mouth during your pregnancy.

- Dental care during pregnancy is very safe and may help you have a healthy baby with healthy teeth.

- If you have a dental emergency during your pregnancy, be sure to let the dental staff know you are pregnant so they can choose safe medicines.

Mom's healthy mouth checklist:

- Brush your teeth twice a day with fluoride toothpaste.

- Floss daily.

- Eat a healthy diet, rich in calcium and Vitamin D. What you eat is important to your teeth and your baby's growing teeth.

- Limit snacks between meals. If you choose to eat sweets, eat them at the end of a meal, not between meals.

Date of my next dental appointment:

_____

For more information

**Oregon Public Health Division
Office of Family Health
Oral Health Program**
971-673-0348
http://public.health.oregon.gov/PHD/ OFH/ORALHEALTH/Pages/ contact_us.aspx

Your health during pregnancy