

# Dental Health During Pregnancy



971-673-0240

[www.oregon.gov/dhs/ph/oralhealth](http://www.oregon.gov/dhs/ph/oralhealth)

**Your baby's teeth begin forming in the 4<sup>th</sup> month of pregnancy.**

**A mother's healthy mouth is the first step to keeping her baby's teeth healthy.**

- Go to the dentist for a check-up.
- Get your teeth cleaned early in pregnancy.
- Brush teeth and gums 2-3 times/day with fluoride toothpaste.
- Floss 1 time a day.
- Use a mouthwash with fluoride in it, (like Act, Fluorigard, etc.)
- Don't Smoke. If you do smoke, quit.
- Eat healthy:
  - » Get lots of calcium from milk, yogurt, cheese, dried beans.
  - » Eat lots of veggies.
  - » Limit sugary foods.
  - » Drink lots of water.

**Tell your doctor if you are having any problems in your mouth.**

