



## Dental disease is nothing to smile about during pregnancy

Did you know that dental disease could have serious effects on you and your baby during pregnancy and after?

- ▶ Gum disease may be linked to premature low birth weight babies
- ▶ Oral infections could lead to other serious medical problems
- ▶ You can give your baby the bacteria that cause tooth decay if you have harmful bacteria in your mouth

Hormones, snacking and nausea increase dental problems in many pregnant women, making it especially important to see a dentist to prevent problems. Dental treatment is *safe* during pregnancy—make sure to include it as part of your prenatal care.

# Oral Health for Pregnant Women

If you don't have a clean bill of health for your mouth, you and your baby may be at risk for health problems during and after pregnancy. Make good oral health a part of your prenatal care, and smile.

- Brush teeth twice daily with a fluoride toothpaste and floss daily.
- Limit foods containing sugar to mealtimes only.
- Drink water or low-fat milk, avoid carbonated beverages.
- Choose fruit rather than fruit juice.

If you have vomiting or nausea:

- Rinse with a teaspoon of baking soda in water after vomiting to remove harmful acid. Wait to brush your teeth for 30 minutes.
- Chew sugarless or xylitol-containing gum after eating.

## **Make a dental appointment during the first trimester.**

If you need treatment to solve dental problems, between weeks 14 and 20 is ideal, but safe throughout pregnancy. Speak to your dentist about appropriate precautions.

A healthy pregnancy  
includes a healthy smile

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