



Pregnancy & Oral Health

Oral Health Concerns

Visit your dental professional as soon as you know you are pregnant

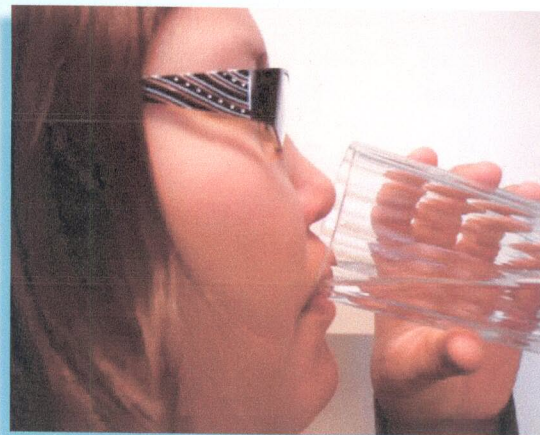


25% of women will have swollen, bleeding gums during pregnancy due to hormonal changes

Morning Sickness

If you vomit...

- ▶ rinse your mouth with water
- ▶ wait 30 minutes, then brush with fluoride toothpaste
- ▶ stomach acids left in the mouth can damage teeth





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safety... our priority.

Votre santé et votre
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Pregnancy & Oral Health Everyday...



Clean your gums and teeth



Use fluoride toothpaste
to help reduce decay



Eat well-balanced
meals and snacks

Get enough
calcium

Limit sugary drinks and
sticky snacks

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Pregnancy & Oral Health

The Health of Your Mouth Can Affect Your Baby

Women with untreated
gum disease

may have premature or
lower birth weight babies



Babies get the bacteria

that causes tooth decay
from their mothers
(or main caregivers)



Nutrition During Pregnancy Is Important...



Your baby's teeth begin to form at **6 weeks** of pregnancy and start to harden (calcify) at **4 months**

Calcium is **important** for tooth growth.
Enough calcium is needed during pregnancy for proper tooth development.

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