

SELF-PACED LESSON

After reading this lesson, click the survey link at the end to answer a few questions and receive nutrition education credit for your class.

Your Oral Health During Pregnancy



**Don't Forget to Visit Your Dentist During Your Pregnancy.
Your Baby's Health May Depend on it!**

It's very important to take good care of your teeth and gums while you are pregnant. Pregnancy causes many changes in your mouth that increases your risk for tooth decay and gum disease. The following information will help you maintain good oral health during pregnancy.

Prevent Tooth Decay During Pregnancy

Since pregnancy can cause morning sickness and lead to more frequent meals and snacks, be sure to:

- *Limit sugary foods and drinks.*
- *Rinse your mouth after sugary foods and drinks.*
- *Brush twice a day with a fluoride toothpaste, even when you are tired.*
- *Drink fluoridated water (check to see if your city water is fluoridated).*
- *Continue regular check-ups with your dentist.*
- *Rinse your mouth with water if you experience vomiting from morning sickness.*

Healthy Gums

Gums appear pink and "tight."



Pregnancy Gingivitis

Gums appear red, swollen, and bleed easily.





Prevent Gum Disease During Pregnancy

The health of your gums may increase the chance of your baby being born too early or with a birth weight too low, and can lead to serious problems for your baby such as:

- Sudden infant death
- Cerebral palsy
- Breathing problems
- Learning problems

Dental care is safe and important during pregnancy! When you take good care of your teeth and gums, you increase the chances of having a healthy baby.

Please ask your dietary consultant for a guide to free and low-cost dental care provided by the Delta Dental of Oklahoma Foundation.

Prevent Gum Disease During Pregnancy

Pregnancy hormones can cause your gums to swell and bleed. Follow these tips to keep your gums healthy during pregnancy:

- Brush twice a day.
- Clean in between your teeth with dental floss or interdental cleaner at least once a day.
- Eat a balanced diet with plenty of fruits and vegetables.
- Make sure you are getting your teeth cleaned at least twice a year.



STOP!

[Click here to complete the survey and receive credit](#)



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