

A PREGNANT WOMAN'S GUIDE TO HEALTHY GUMS



WHAT EVERY PREGNANT WOMAN SHOULD KNOW ABOUT HEALTHY GUMS.

Pregnancy and Oral Health

Pregnancy can affect your mouth. Changes in your body send extra blood flow to the gum tissues in your mouth. Gums can become sensitive, red, and puffy. This is known as gum disease. If gum disease is not treated it can lead to tooth loss. There may be a connection between gum disease and babies who are born too early or too small.

Signs of Gum Disease

- A bad taste in mouth
- Bad breath
- Red swollen gums
- Gums that bleed while brushing and flossing
- Loose teeth
- Gums that have pulled away from the teeth

Take Good Care of Your Mouth During Pregnancy

Every mother wants to lower her risk of having an unhealthy baby. Follow the steps below to help have a healthy mouth and baby.

Practice Good Home Care

- Brush twice a day and floss once per day
- Use toothpaste with fluoride
- Use a non-alcoholic mouthwash
- Replace your toothbrush every 3 months or after you have been sick
- If you get morning sickness, protect your teeth from acid by rinsing your mouth with 1 cup of water mixed with one teaspoon baking soda
- Do not drink alcohol or use tobacco

Eat Healthy Foods

- Lean meats like turkey, chicken, and fish
- Breads and cereals containing whole grains
- Milk, cheese, eggs, and yogurt
- Fruits and vegetables including beans
- Avoid food and drinks that are high in sugar
- Drink water

ONE MORE IMPORTANT TIP

The germs that cause tooth decay can be passed from you to your baby. Avoid kissing your baby on the mouth or tasting their food. Chewing sugar-free gum after meals and snacks helps lower the amount of germs that cause tooth decay.

