



## Tips for good oral health during pregnancy

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### Practice good oral hygiene

- Brush teeth twice a day with fluoride toothpaste.
- Floss once a day to prevent red, puffy gums.
- If you vomit, rinse your mouth with a teaspoon of baking soda in a cup of water to stop acid from attacking your teeth. Delay brushing your teeth for about an hour.



### Practice other healthy behaviors

- Attend prenatal classes.
- Stop use of all tobacco products and recreational drugs. Avoid secondhand smoke.
- Do not drink alcohol.
- Take folic acid and iron supplements as recommended by your prenatal health care provider or nurse.



### Eat healthy foods

- Eat a balanced and nutritious diet.
- Avoid foods high in sugar.
- Also avoid beverages high in sugar like juice, fruit-flavored drinks and soda.
- If you have problems with nausea, eat small amounts of healthy foods throughout the day.
- Drink fluoridated water throughout the day, especially between meals. Most tap water in South Dakota contains fluoride which helps prevent cavities. Most water filters do not remove fluoride.



### Get dental care

- Tell the dentist and dental hygienist you are pregnant and your due date.
- All dental treatment should be completed before delivery.
- Dental care — including the use of X-rays, most pain medications and local anesthesia — is safe during pregnancy.
- Changes to your body when you are pregnant may make your gums sore or puffy and may make them bleed. This problem is called gingivitis (inflammation of the gums). If gingivitis is not treated, it may lead to periodontal (gum) disease, which can cause tooth loss.