Pregnancy Smiles

ORAL HEALTH & PREGNANCY FAST FACTS

- During pregnancy, women may be more prone to gum disease and cavities

- Regular and emergency dental care is safe at any stage of pregnancy

- Women are encouraged to seek routine dental care during pregnancy

- Pregnant women with gum disease are 7 times more likely to have premature or low birth weight babies.

PRACTICE PREGNANCY HOMECARE

Brush teeth at least twice a day with toothpaste.

Floss once a day to prevent red, puffy gums.

If you vomit, rinse your mouth with water to stop acid from attacking teeth. Delay toothbrushing for about an hour.

Get Dental Care

- Tell the dentist and dental hygienist that you are pregnant and your due date.
- All dental treatment should be completed before delivery.
- Dental care, including the use of xrays, most pain medication, and local anesthesia, are safe during pregnancy.
- Pregnant women are more likely to develop gingivitis (gums that are sore, red and puffy) and might worsen by changing hormones. If not treated, gingivitis may lead to gum disease, which can cause tooth loss.

Eat & Drink Healthy

- Eat a balanced and nutritious diet, high in calcium
- Avoid foods high in sugar
- Avoid beverages high in sugar like juice, fruit-flavored drinks, and soda.
- If nauseous, eat small amounts of healthy foods throughout the day. Drink lots of water, especially between meals.

Office of Oral Health

phone: 505-827-0837 | fax: 505-827-2329
1190 S. St Francis Dr., Santa Fe, NM 87505 | nmhealth.org