# Teeth for two:
# Dental care during pregnancy

## Why dental care during pregnancy is important

Changes in your body during pregnancy allow bacteria (germs) to grow more easily in your mouth. This can make your gums more sensitive and irritated, which may cause swelling, redness and bleeding. This condition is called pregnancy gingivitis, a type of gum disease.  If gingivitis is not treated, it may turn into more serious forms of gum disease, and may increase the chance of pregnancy complications or problems.

## Why your dental care is important for your baby

Taking care of your teeth not only helps you, but your baby too! If you have untreated cavities (tooth decay) or gum disease, your baby is more likely to get cavities. After your baby is born, bacteria that causes cavities can pass to your baby by sharing spoons or other objects that are passed from your mouth to your baby's mouth.

If your teeth are healthy, it is more likely your baby's teeth will be healthy too!

## Tips for healthy teeth and gums:

DO: Visit your dentist or hygienist for a check-up and cleaning while you are pregnant. Dental check-ups are safe and recommended. Remember to tell them you are pregnant when you call to make an appointment.

DO: Brush your teeth twice a day and floss at least once a day. If you have nausea and vomiting or "morning sickness," rinse your mouth with one teaspoon of baking soda mixed in one cup of warm water. This helps protect your teeth from stomach acid.

DO: Eat a variety of healthy foods including fruits, vegetables, whole-grains, lean meats and dairy products. Your baby's teeth begin to develop between the third and sixth month of your pregnancy. It is important that you get enough vitamins A, C, D and calcium for your baby's developing teeth.

DO: Drink plenty of water and low-fat milk. Avoid drinks and foods that have a lot of sugar.



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