



# PRENATAL ORAL HEALTH

## Caring for Two

When you're expecting, caring for you means caring for two. Due to the physical connection you share, your baby can be affected by not only the foods you eat but also the environment in which you live, work, and play. Here are some ways that you can take control of your oral health (mouth and teeth) during your pregnancy.

See reverse side for more information >



## TAKING CARE OF YOUR ORAL HEALTH – TIPS FOR EXPECTANT MOMS

- Schedule a preventative dental exam/cleaning for yourself prior to the birth of your baby.
- Let your dentist know that you are pregnant.
- Postpone elective and/or non-emergency dental work until the second trimester or until after delivery.
- Brush your teeth for at least two minutes, twice a day (2MIN2X).
- Maintain healthy circulation and refrain from crossing your legs while you sit in the dental chair.
- Discuss with your doctor/dental provider any problems with your gums which can swell, bleed, and/or trap food and become irritated due to your raised hormone levels.
- Inform your doctor/dental provider if you experience frequent vomiting due to “morning-sickness” as this may cause damage to your teeth.
- Avoid alcohol and tobacco use.
- Avoid exposure to second-hand smoke.
- Find out if your drinking water contains fluoride.
- Eat a balanced diet.



If you have questions about your oral health during pregnancy, contact your doctor or dental care provider.

### *Did you know that . . .*

- Many of baby's teeth begin to form in the womb.
- Poor oral health during pregnancy can lead to premature and underweight babies.
- Preventative dental procedures can be performed at any time during pregnancy.

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