

If You Are Pregnant



Visit the Dentist

Why is Oral Health Care Important?

Pregnancy is a time when you need to take extra care of your teeth and gums. Actions you take can prevent oral problems as well as affect the general health of your unborn child.

- If you are planning to become pregnant, see your dentist so any possible problems can be handled before pregnancy.
- Be sure to tell your dentist if you are or think you might be pregnant.

Common Oral Health Problems during Pregnancy

Bleeding Gums (Gingivitis): Plaque and an increase in hormones may cause your gums to swell. If you have red, puffy, or sore gums that bleed when you brush, see a dentist.

Pregnancy Tumors (not cancer): Overgrowth or severe swelling of gum tissue between teeth is related to excess plaque. If this happens, see a dentist.

Bone Loss (Periodontal Disease): Women with periodontal disease are more likely to have a premature or low birth weight baby. If you do not get care for swollen gums it may cause bone loss around teeth.

Tooth Decay-You and Your Infant: Children can get tooth decay from their mothers when the bacteria that causes decay is passed by sharing eating utensils or cleaning a pacifier with saliva. Avoid spreading bacteria and keep your regular dental visits.

How can I prevent these problems?

- Stop smoking.
- Be sure to visit a dentist for regular cleanings.
- Brush your teeth twice a day with fluoride toothpaste.
- Clean between your teeth with floss daily.
- Ask your dentist or hygienist for advice on care for you and your new baby.



If you need help finding a dentist call
Community Caring Council (573) 651-3747 ext. 104