



ORAL HEALTH KANSAS
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TIPS AND TRICKS SERIES

Morning Sickness? Protect Your Teeth

Vomiting and acid reflux bring stomach acid into your mouth. That acid can weaken the outside of your teeth.

Right after vomiting:

- Rinse your mouth with water.
- Do not brush right away. Acid can temporarily soften your teeth.
- If you can, rinse with water mixed with a little baking soda to help neutralize the acid.

Wait before you brush:

- Wait 30–60 minutes before brushing.
- Brush gently with a soft toothbrush and fluoride toothpaste.
- Spit out the toothpaste, but do not rinse with water.

If brushing makes you feel sick:

- Try a smaller toothbrush.
- Try a different toothpaste flavor.
- Brush at a time of day when you feel less nauseated.

Vomiting or reflux happening often?

Tell your dental professional and prenatal care provider.



Want to learn more?

More Pregnancy Tips & Tricks:

- Pregnancy & Oral Health
- Dental Care During Pregnancy: What's Safe?
- Pregnancy Can Change Your Mouth