ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Pregnancy Can Change Your Mouth

Hormone and other changes during pregnancy can affect your teeth and gums. Knowing what to look for can help you keep your mouth healthy.

Changes you may notice:

Red, swollen or bleeding gums

Your gums may be more sensitive during pregnancy. Keep brushing and cleaning between your teeth every day.

Dry mouth and a greater chance of cavities

Dry mouth, changes in eating, or trouble brushing because of nausea can increase your chance of cavities. Drink water often and brush twice a day with fluoride toothpaste.

Teeth that feel a little loose

Some teeth may feel a little loose during pregnancy. Tell your dentist if you notice this so they can check your teeth and gums.

A bump on your gums

A small growth can sometimes develop on the gums during pregnancy. Have your dentist check any new growth in your mouth.

When to call your dentist:

Contact your dentist if you have pain or swelling, a tooth feels loose, or you notice a new growth or another change that concerns you.

Want to learn more?

More Pregnancy Tips & Tricks:

- Pregnancy & Oral Health
- Dental Care During Pregnancy: What's Safe?
- Morning Sickness? Protect Your Teeth