



ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Pregnancy & Oral Health

Taking care of your mouth during pregnancy is an important part of staying healthy—for you and your growing baby.

Pregnancy can affect your mouth:

- Gums: Pregnancy can make your gums more likely to become red, swollen or bleed.
- Cavities: Changes in eating habits and oral care can increase your risk for tooth decay.
- Morning sickness: Stomach acid from vomiting can damage tooth enamel.

Keep your mouth healthy:

- Brush twice a day with fluoride toothpaste.
- Clean between your teeth every day.
- Drink water often and limit foods and drinks with added sugar.
- See a dental professional for regular dental care.
- Take care of your teeth now. Germs that cause cavities can pass from your mouth to your baby's mouth after birth.

Call a dental professional if you notice...

- Gums that are red, swollen, sore or bleed easily
- Tooth pain or sensitivity
- Swelling in your mouth or face
- A sore or other change that does not go away



Want to learn more?

More Pregnancy Tips & Tricks:

- Pregnancy Can Change Your Mouth
- Dental Care During Pregnancy: What's Safe?
- Morning Sickness? Protect Your Teeth