



**ORAL HEALTH KANSAS**

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## Tips and Tricks: **Morning Sickness and Your Oral Health**

Stomach acid from vomiting and acid reflux can damage tooth enamel. Here are some ideas that can help you minimize the damage:



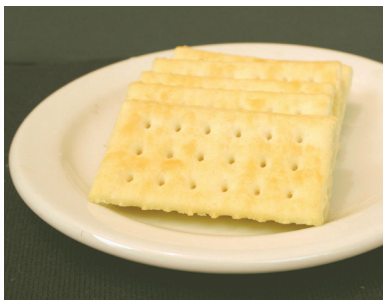
### **Steps to take right after vomiting**

- Do not brush your teeth, as it might damage softened enamel
- Rinse your mouth with tap water to reduce the level of acid
  - Tap water with a tiny bit of baking soda is best
  - A mouthwash with fluoride also works
- You can also smear a small amount of toothpaste with fluoride on teeth using finger



### **Wait one hour before brushing**

- Use very soft toothbrush
- Use toothpaste with fluoride
  - Choose a flavor that tastes good
- Brush gently each side of the teeth 5 times
- Spit out extra toothpaste, but do not rinse – let the fluoride do its work to harden tooth enamel



### **Ideas that could help reduce nausea**

- Nibble on a few crackers, rinsing teeth with water afterwards
- Eat smaller meals throughout the day
- Try peppermint tea or sugar free gum
- Sniff a lemon or lime – do not suck on fruits with acid
- Sip tap water throughout the day to keep your mouth clean

**Taking extra care of your teeth is important while you are pregnant**