

Early Dental Health: Pregnancy



Six Steps to Good Oral Health:

1. Brush your teeth twice a day with a fluoride toothpaste.
2. Floss your teeth and use a fluoride mouthwash at least once a day.
3. Visit your dentist before, during and after pregnancy.
4. Each time you visit the dentist, let them know you are pregnant and your due date.
5. Eat a well balance diet and take your vitamins.
6. Contact your dentist if you have any questions or concerns.

Good dental health is always a part of good overall health, but it is even more important if you are pregnant or planning to become pregnant. Getting ready for the baby is an exciting time in your life. By taking care of yourself before, during and after your pregnancy, you are also taking good care of your baby.

Dental Health Resources: Pregnancy

North Carolina Oral Health Section
www.oralhealth.ncdhhs.gov

American Dental Association
www.ada.org

Centers for Disease Control
and Prevention (CDC)
[http://www.cdc.gov/ncbddd/
pregnancy_gateway/index.html](http://www.cdc.gov/ncbddd/pregnancy_gateway/index.html)

National Maternal & Child Oral Health
Resource Center
<http://www.mchoralhealth.org/>

U.S. Department of Health and Human
Services Office on Women's Health
<http://www.womenshealth.gov/>



*Why should I see a dentist if I am
planning a pregnancy?*

*Now that I am pregnant, should I
still see my dentist?*

*Are prenatal vitamins important
when it comes to dental health?*

*What kind of diet should I have
during my pregnancy?*

*What type of things can I do at home
to make sure I have good oral care?*

*There are changes in my mouth!
Are they normal?*



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Division of Public Health • Oral Health Section
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**Step by Step to
Early Dental Health**

NC Oral Health Section

Why should I see a dentist if I am planning a pregnancy?

When planning to become pregnant, it is good to get yourself in the best shape possible for a healthy pregnancy. By visiting the dentist you can discuss your pregnancy plans and if needed take care of any dental health concerns before the pregnancy.

Now that I am pregnant, should I still see my dentist?

Yes. Dental care during pregnancy is safe and effective! You should continue to get dental check-ups every six months. If you have any dental health concerns, your dentist may recommend check-ups every three months during your pregnancy. Make sure that your dentist and the dental team knows you are pregnant and your due date. If an x-ray is required, make sure the dental team member uses a leaded apron with a thyroid collar to help minimize exposure to the stomach area.



Are prenatal vitamins important when it comes to dental health?

Yes. Prenatal vitamins or multivitamins will help with the development of the baby. Your baby's teeth start to form during pregnancy. Calcium, Vitamin C and Vitamin D help strengthen your body and teeth as well as the development of your baby's body and teeth. Taking folic acid before and during pregnancy will reduce birth defects.

What kind of diet should I have during my pregnancy?

It is important to eat a well balanced diet. You should try to avoid the cravings for sugary things. Instead, reach for cheese, a glass of milk, leafy greens, or beans. Other options include fresh fruits and vegetables, yogurt, or popcorn. Also drink water in between meals.



What type of things can I do at home to make sure I have good oral care?

Remember to brush your teeth with fluoride toothpaste twice a day. Floss your teeth and rinse with fluoride mouthwash at least once a day. Practice good oral hygiene to reduce the amount of plaque on your teeth and prevent cavities.



There are changes in my mouth! Are they normal?

Because of the hormone changes in your body, there are going to be changes in your mouth too. You may notice swollen or sensitive gums, bleeding while brushing or flossing, or increased sensitivity when using your toothbrush. This condition is called gingivitis. If left untreated it can lead to gum (periodontal) disease. Talk with your dentist.