

Get a Dental Checkup While You Are Pregnant

DO talk to your doctor about getting a dental checkup when you are pregnant.

DO tell the dental office that you are pregnant.

DO ask your dentist or dental hygienist to show you how to brush and floss.

DO ask if you have any signs of gum disease.

DO NOT wait until after you have the baby.



Healthy Mom, Healthy Baby

Gum disease may lead to early delivery of your baby.

Babies born too early or too small can have life-long health problems.



Make your mouth healthy today!

*Michigan Department
of Community Health*



Rick Snyder, Governor
Olga Dazzo, Director

Pregnancy and Oral Health



**Oral Health Care Tips
for
Pregnant Women**

Did you know...

Taking care of your mouth is very important if you are pregnant or thinking about becoming pregnant.

Changes in your body when you are pregnant can make your gums sore, puffy and red if you do not brush and floss every day. This is called gum disease.

Gum disease during pregnancy vs. healthy gums



Red, swollen, puffy gums (gum disease)



Pink, tight, healthy gums

Brush and Floss

DO brush twice a day with a soft toothbrush and toothpaste with fluoride (floor-ide).



DO floss once a day before bedtime.



DO rinse your mouth with water or a mouth rinse that has fluoride if you have morning sickness. Also rinse if you feel too sick to brush.



Healthy Foods= Healthy Mom & Baby



DO eat healthy snacks like fruits, vegetables, yogurt, cheese, chicken, eggs or nuts.

DO drink a lot of water or low-fat milk.

DO take prenatal vitamins if your doctor says.

DO NOT sip on soda pop or juice.

