



Good Oral Health During Pregnancy Protects You and Your Baby!

- It's important to take care of your mouth during pregnancy. Hormone changes can make your gums sore and puffy and cause bleeding. This condition is called gingivitis. Untreated, it may lead to periodontal (gum) disease. To avoid this, brush your teeth with fluoride toothpaste for two minutes, twice a day and floss daily.
- Dental care, including X-rays and local anesthesia, is safe throughout pregnancy. Be sure to go to the dentist before delivery. Share your due date with your dentist so he or she can provide you with the best care. Untreated dental disease can affect the health of your baby.
- Since your baby gets its nutrients from you, eat many kinds of healthy foods during pregnancy. Fruits, vegetables, meats, fish, cheeses, eggs, and whole-grains are all good choices. By eating right, you can care for your teeth and your baby's teeth as soon as you find out you are pregnant.
- For snacks, choose healthy foods that contain low or no sugar, such as fresh fruits, cheese or yogurt without sugar.
- If you have morning sickness, rinse your mouth with one teaspoon of baking soda in one cup of water after vomiting to neutralize acid.
- Drink plenty of fluoridated water throughout the day. Avoid sweet drinks including juice, fruit-flavored drinks or soda pop.
- If you need help finding a dentist and are on Medicaid, call **1-800-324-8680** or visit insurekidsnow.gov. To apply for Medicaid, visit www.Benefits.Ohio.Gov. If you have dental insurance, check with your insurance company.

Adapted, with permission, from:

- Oral Health Care During Pregnancy: A National Consensus Statement-Summary of an Expert Workgroup Meeting © 2012 by the National Maternal and Child Oral Health Resource Center, Georgetown University.
- Arizona Department of Health Services, Office of Oral Health.