

HOW TO PROTECT YOUR MOUTH during pregnancy

DID YOU KNOW A HAPPY MOUTH CONTRIBUTES TO A HAPPY LIFE,
FOR YOU AND YOUR BABY?

Taking care of your oral health not only supports your well-being but also helps protect your baby's health from the very start.



THE FACTS



Due to hormonal changes, pregnant women may be more prone to gum disease and cavities.



Vomiting related to morning sickness and gastric reflux (regurgitating food or drink) can increase the amount of acid the mouth is exposed to and elevate the risk of tooth decay.



Gum disease has been linked to low birth weight, preterm birth and pre-eclampsia (a pregnancy complication).

ACTIONS TO BE TAKEN



Make sure you get a **dental check-up** during pregnancy.



If you vomit, rinse your mouth out with water immediately afterwards. Then rub toothpaste onto your teeth with your finger or use a fluoridated mouthwash. Wait at least 30 minutes before brushing your teeth.



Practice good oral hygiene. Brush twice a day with fluoride toothpaste and floss daily (or use interdental brushes).



Eat a balanced diet. **Cutting down** on how often and how much **sugar** you eat/drink will help reduce your risk of oral health problems.

