

ORAL HEALTH TIPS FOR PREGNANT WOMEN



ARE YOU PREGNANT?

- It is **very important** to take care of your teeth and gums.
- Have your teeth cleaned and your oral health checked by an oral health professional in your first trimester of pregnancy—be sure to tell your oral health professional that you are pregnant.
- The best time to have dental work done (like cavity fillings) is during the second trimester of your pregnancy (between the 4th and 6th month).

Morning sickness?

It can increase the risk of tooth decay.

1. **Rinse** your mouth with water immediately after vomiting. It reduces the amount of acid in your mouth.
2. **Wait** at least 30 minutes to further reduce the acid in your mouth.
3. **Brush** your teeth.



Maintain good **ORAL HEALTH** and reduce your risk for oral diseases:

- Brush your teeth **twice a day**, for at least **2 minutes**, with fluoridated toothpaste.
- **Spit out the excess.**
- **Do not rinse.**
- **Floss daily.**
- **Drink fluoridated water** where available.
- **Eat healthy** (*it's good for you and your baby*): reduce your consumption of foods and beverages high in sugar.

For your oral health and overall health, and the health and safety of your baby:

- **Do not smoke** or use any tobacco products, and avoid second hand-smoke.
- **Do not drink alcohol.**
- **Do not use recreational drugs**, such as cannabis.

For more information, visit: www.canada.ca/health
and search for 'Oral health and Pregnancy'

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