

A healthy mouth is a happy mouth

Remember, good oral hygiene is key in preventing dental problems that can cause even greater issues during your pregnancy. Stay on top of your dental needs and your overall health needs. The health of you and your baby depend on it!

Sources

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Pregnancy and Oral Health

How to keep your teeth
and gums healthy and happy
during pregnancy



Oral infections such as periodontal disease can harm your teeth and gums during pregnancy, so it's important for you to know the appropriate steps to take to prevent gum disease and other dental problems.

The United States Surgeon General reports that there is a strong link between oral health and overall health in pregnant women. Neglecting your teeth and gums can lead to severe oral infections like periodontal disease, which can result in premature birth and low birth weight if left untreated.

Pregnancy can be one of the happiest times in your life. Make sure it stays that way by keeping your smile bright and healthy.

Dental care and pregnancy

Don't take your smile for granted. If you are pregnant, make sure you take care of your mouth. Keeping your teeth and gums healthy and happy is simple – just practice prevention:

- **Floss daily.** Flossing helps prevent the buildup of plaque between your teeth. Using a sawing motion, gently bring the floss between the teeth, scraping from bottom to top several times.
- **Brush your teeth after every meal.** Use a soft toothbrush, turn the bristle against the gum line and brush gently. Use small, circular motions, and brush the front, back and top of each tooth.
- **Visit a dentist regularly for cleanings and exams.** Make sure you tell your dentist that you are pregnant.
- **Tend to your tongue.** Brush or scrape your tongue daily to help remove bacteria.
- **Don't procrastinate.** If your dentist tells you about a problem, take care of it immediately.

Overall health care and pregnancy

In addition to practicing the dental care tips above, it is important that you adhere to the following suggestions below if you want to lower your chances of possibly having a premature birth or a low-birth-weight baby:

- Get early, regular prenatal care.
- Eat nutritious meals and healthy snacks. Make sure you get enough calories (around 300 more calories than a woman would normally have in her diet).
- Gain the recommended weight (25 to 35 pounds).
- Quit drinking and using illicit drugs. Stop taking prescription or over-the-counter drugs not prescribed by a doctor aware of your pregnancy.

Talk to your doctor about signs of premature labor and what to do should you experience any of the warning signs.



Statistic: More than 90 percent of all diseases that can impact your body produce signs and symptoms in your mouth.