

DENTAL HEALTH DURING PREGNANCY *is important!*

Did you know that mouth infections during pregnancy can harm both mother and her baby?

- Mouth infections can cause a condition called Pre-eclampsia, which is the leading cause of death in a pregnant mother and limits blood flow to her baby.
- Mouth infections increase the risk of Pre-term, Low Birth Weight Baby Syndrome including:
 - o Breathing problems
 - o Increased risk of infections
 - o Digestive problems
 - o Failure to Thrive Syndrome
 - o Sudden Infant Death Syndrome (SIDS)

What are the signs of a mouth infection?

- Bad breath.
- Red, swollen and bleeding gums.
- Loose gums that pull away showing more tooth.
- New spaces between teeth.
- Toothache or other pain.

Call your dentist right away if you have pain or swelling, or think you have a mouth infection to prevent problems for you and your baby!



How can I have good oral health during pregnancy?

- Visit the dentist before and during pregnancy. Dental visits are safe! Dental cleanings help keep teeth and gums healthy.
- Brush teeth two times a day for two minutes using fluoride toothpaste.
- Floss once a day. You are brushing and flossing for you and baby!
- Rinse your mouth with one teaspoon of baking soda in one cup of water after vomiting. Acid in your mouth can make your teeth enamel weak.
- Drink water with fluoride to help strengthen teeth preventing cavities.
- Visit www.choosemyplate.gov to help you make healthy food choices.
- Chew xylitol or sugar free gum.
- Exercise to help you feel more comfortable during pregnancy. Always check with your health care provider to see if exercise is safe for you and your baby.
- Stop using tobacco, drugs and alcohol. Missouri Tobacco Quitline provides guidance and support with quitting. Call 800-Quit-Now (800-451-0669) or visit www.quitnow.net.

Missouri Department of Health and Senior Services
Office of Dental Health
PO Box 570
Jefferson City MO 65102-0570
573-751-5874 ● oralhealth@health.mo.gov
oralhealth.mo.gov

An EO/AA employer: Services provided on a nondiscriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966.

