

# Oral Health and Pregnancy

## HEALTHY SMILES FOR A NEW LIFE

### WILL PREGNANCY AFFECT MY ORAL HEALTH?

During pregnancy, morning sickness and hormonal changes can make you more susceptible to periodontal disease and dental decay caused by the bacteria living in your mouth. A buildup of dental plaque can cause your gums to greatly swell, be very tender and bleed easily when brushing. This painful condition is called “Pregnancy Gingivitis” and can make it difficult for the mother to eat and sleep properly, while creating extra personal stress and anxiety.



### CAN THESE DENTAL SYMPTOMS ALSO AFFECT MY UNBORN CHILD?



These conditions can also impact the general and dental health of your unborn child. At just six weeks into pregnancy, baby tooth buds are starting to form and by birth, 20 baby teeth have already developed under the gums. It is important for the mother to be able to properly consume a diet that is full of important nutrients to ensure the sound body function and growth of their child.

### INCREASE YOUR REGULAR ORAL HYGIENE

Your daily oral hygiene should significantly increase during pregnancy to include brushing and flossing 2 - 3 times a day. If your gums are sore, it can be helpful to gently rinse with warm water and baking soda.



### IS ORAL HEALTH CARE IMPORTANT DURING PREGNANCY?



All expectant mothers should try to see a dentist within their first trimester. A professional dental cleaning to remove calculus and plaque build up is strongly recommended to help prevent “Pregnancy Gingivitis”. Other urgent dental needs can also be safely treated by a dentist during the first or second trimester if needed.

### REMEMBER YOU ARE BRUSHING FOR TWO!

#### Contact Us

NE DHHS OFFICE OF ORAL HEALTH  
[www.dhhs.ne.gov/dental](http://www.dhhs.ne.gov/dental)



For information on how to care for your child's oral health, scan the QR Code below.



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References:  
American Academy of Pediatric Dentistry  
Pregnancy Risk Assessment Monitoring System (PRAMS)

This publication was supported by Award Number 1 NB01T0000039-01-00 funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention, or the Department of Health and Human Services.