

# DENTAL HEALTH DURING PREGNANCY

is important!

## Did you know that mouth infections during pregnancy can harm both mother and 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:
  - » Breathing problems.
  - » Increased risk of infections.
  - » Digestive problems.
  - » Failure to Thrive Syndrome.
  - » 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!**



# TIPS & tricks

## How can I have good oral health during pregnancy?

- Visit the dentist before and during pregnancy. Dental visits are safe! Dental cleanings help keep your teeth and gums healthy.
- Brush your teeth two times a day for two minutes using fluoride toothpaste.
- Floss once a day. You are brushing and flossing for you and baby!
- If you experience morning sickness, rinse your mouth with one teaspoon of baking soda mixed into one cup of water after vomiting. Acid in your mouth can weaken the enamel on your teeth.
- Drink water with fluoride to help strengthen your teeth and prevent cavities.
- Visit [MyPlate.gov](https://www.MyPlate.gov) to help make your healthy food choices.
- Chew sugar-free gum or gum with xylitol.
- Exercise can help you feel more comfortable during pregnancy. Always check with your health care provider to see if exercise is safe.
- Stop using tobacco, drugs and alcohol. Missouri Tobacco Quitline provides guidance and support with quitting. Call 1-800-QUIT-NOW (784-8669) or visit [YouCanQuit.org](https://www.YouCanQuit.org).

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