

# Taking care of yourself before the baby arrives

- Eat a balanced diet with the right amounts of protein, vitamins A, C, and D, and minerals like calcium and phosphorous. Ask your physician about taking folic acid instead of folate.
- Continue with your regular dental exams, necessary treatment and cleanings. Dental radiographs with an apron are completely safe during pregnancy.
- It is important to make sure your mouth is healthy. Mother's decay-causing bacteria can be passed to baby.
- With increased hormone levels, you can experience tender gums, more bleeding and increased gag reflex.
- In areas that are not kept clean you are susceptible to a "pregnancy tumor" (pyogenic granuloma).

## Safe During Pregnancy

- Cleanings
- Exams
- Necessary dental work (may include fillings and/or root canals)
- Can see dentist in ANY trimester. If possible, complete dental work in the SECOND trimester

## Wait Until After Pregnancy

- Bleaching (wait until after pregnancy and breastfeeding)
- Elective procedures (i.e. Veneers)
- Laughing gas (nitrous oxide)

**Pregnancy increases your risk of cavities due to the increased acidity from reflux and sugar exposure from frequent snacking.**

## Tips for maintaining healthy teeth

- Rinse your mouth out with water after reflux or snacking
- Limit snacking to snack periods if possible
- Ask you dentist about different natural anti-cavity agents that you can safely use while pregnant.

## Why is this important?

Untreated gum disease is linked to preterm low birth weight.

