Visit a dentist.

You are more likely to have gum disease and cavities when you’re pregnant.

Dental care is safe and important.

Be sure to tell your dentist or hygienist that you are pregnant and when the baby is due.
Caring for Your Teeth During Pregnancy

- Brush twice a day with fluoride toothpaste.
- Floss every day.
- Limit starchy and sugary foods. They stick to your teeth and feed the germs that cause cavities.
- Chose water instead of sugary drinks.