

Tooth Tips  
During  
Pregnancy



## General Tips

1. Brush for two minutes, at least twice a day.
2. Use a pea-sized amount of fluoride toothpaste.
3. Brushing before bed is very important; food, sugar, and bacteria sitting on the teeth all night can cause cavities.
4. Floss once a day to clean between teeth where the toothbrush can't reach.
5. Replace toothbrushes every 3 months – or sooner if the bristles start to spread apart.

**Why?** Cavities, gum disease and a diet high in sugary foods and drinks can impact the health of both you and the baby. Increasing the number of times a day you brush and floss reduces the risk of getting cavities and gum disease. In addition, eating healthy foods and good daily oral hygiene practices will also keep you and your baby healthy.

## During Pregnancy



You may experience:

- Swollen, tender and/or bleeding gums.
- Morning sickness, vomiting and/or acid reflux. This acid puts you at a higher risk of enamel erosion, sensitive teeth, and cavities. Rinse with water and wait 30 minutes before brushing.
- Food cravings – eating healthy foods, and limiting sugary foods and drinks, are important for both you and baby.

It is safe and important to see an Oral Health Professional (OHP) during pregnancy.

- It is recommended to see an OHP within the first 3 months of the pregnancy. Be sure to tell them you are pregnant.

**Why?** Hormonal changes during pregnancy increase the risk of getting cavities and gum disease. Seeing an OHP early in the pregnancy can help detect/treat any problems early, ensures you have good oral hygiene habits, and allows you to ask the OHP questions.



For more tips  
and information, visit

[www.gov.nt.ca/teeth](http://www.gov.nt.ca/teeth)

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