

YOUR HEALTHY PREGNANCY STARTS IN YOUR MOUTH

Simple Daily Actions That Make a Big Difference

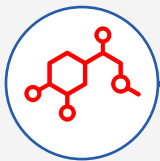


What Every Mom-to-Be Should Know:

- ✔ Pregnancy hormones make your gums super sensitive - 3 out of 4 pregnant women develop gum problems
- ✔ Moms with severe gum disease deliver early 7 times more often than moms with healthy gums
- ✔ The bacteria in your mouth can actually reach your baby through your bloodstream

The Good News: Just 8-10 minutes a day can protect both of you

How Pregnancy Changes Your Mouth:



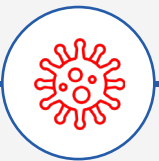
Hormones Spike

Your body produces 10x more progesterone.



Gums Overreact

Even gentle brushing might cause bleeding.



Bacteria Thrive

They love the extra blood flow.



Baby Gets Exposed

Leading to early delivery or low birth weight.

Did You Know? After your baby is born, you can actually pass cavity-causing bacteria to them through kisses and shared spoons. Moms with cavities usually have babies who get cavities as well.

Take a Look in the Mirror

See Any of These?

- ☐ Red, puffy bumps on your gums (*known as pregnancy tumors - harmless bumps with a scary name*)
- ☐ Teeth feeling wiggly or loose
- ☐ Throwing up from morning sickness daily
- ☐ Everything tastes like pennies
- ☐ Can't drink cold water without tooth pain
- ☐ Gums look puffy and shiny

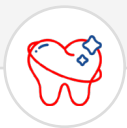
Checked any boxes? Time to protect your baby from oral bacteria

Facts That Matter



1 in 5

early births linked to the mother's gum disease



\$150

Is the average dental cleaning cost vs. \$51,000 NICU stay



Months 4-6

of your pregnancy is usually the best time for dental work



1 day

Is all it takes for mouth bacteria to reach the baby

Daily Oral Routine: (8-10 minutes a day)

- 1. Peek at your gums - Do they look puffier than usual?
- 2. Rinse if you were sick - Mix 1 tsp baking soda in water
- 3. Gentle 4-minute brush - Soft bristles only during pregnancy
- 4. Clean in between your teeth gently for 4 minutes - Use interproximal brushes, directed water irrigation, or floss.(Your tender gums will thank you!)
- 5. Chew xylitol gum - Cuts bad bacteria dramatically
- 6. Eat calcium-rich foods + take your prenatal vitamin - Keep you and baby strong

Mint making you queasy? Kids' toothpaste flavors work great!

Questions That Get Answers

Ask Your OB at Your Next Visit:

- ☐ If I'm planning another baby, when should I see a dentist? _____
- ☐ Could my gestational diabetes be affecting my gums? ☐ Yes ☐ No
- ☐ Have you seen gum disease cause early labor? _____

Ask Your Dentist:

- ☐ Do you check my gums for infection at every visit? ☐ Yes ☐ No
- ☐ What month is best for my cleaning? _____
- ☐ Do I need antibiotics first? ☐ Yes ☐ No

See Your Dentist This Week If:

- ✔ A tooth cracks or breaks
- ✔ You see pus anywhere
- ✔ Pregnancy tumors (red gum bumps) that keep bleeding



Call Both Doctors If:

- ✔ You have fever + mouth pain
- ✔ Can't eat because teeth hurt



Your Month-by-Month Plan

WEEKS 1-7:

- ☐ Tell your dentist you're pregnant
- ☐ Buy the softest toothbrush you can find
- ☐ Start the baking soda rinse habit

WEEKS 8-21:

- ☐ Book that second-trimester cleaning
- ☐ Stock up on xylitol gum
- ☐ Master the post-morning-sickness rinse

WEEKS 22-30:

- ☐ Give your OB your dental records
- ☐ Schedule a post-baby dental visit
- ☐ Plan how to protect your baby from cavity bacteria

EVERY DAY WITHOUT CARE = ANOTHER DAY OF RISK

Your baby's health starts with yours. Just 8-10 minutes daily helps protect you both from preventable infections.

PROTECT TWO SMILES IN 5 MINUTES A DAY

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