

It's time to get ready for baby's oral health care and it starts with prenatal care.



During Pregnancy

Taking care of your oral health throughout pregnancy sets the foundation for your baby's oral health. Healthy habits start with you!

- Go to the dentist during pregnancy.
- It's safe to have exams, X-rays, cleanings, and dental treatment throughout pregnancy.
- By going to the dentist during pregnancy you can avoid swollen gums (gingivitis), which can be caused by hormonal changes during pregnancy.
- Brush teeth for two minutes with a fluoride toothpaste twice a day.
- Avoid sugary drinks and foods. Choose healthy snacks like fruits and vegetables. Drink water throughout the day.
- Floss every day.

