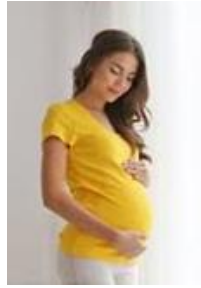


Pregnancy is a Time for Smiling!

Pregnancy is a time to remain healthy. Good oral health and nutrition are important during pregnancy.



Hormonal changes during pregnancy can increase the risk of developing gum disease.

Practice the same daily routine and include:

- Brush twice a day with fluoridated toothpaste and floss daily.
- Rinse with water or a fluoride mouthrinse as soon as possible after vomiting if you experience morning sickness. Morning sickness commonly occurs between the eighth and twelfth week of pregnancy. It can cause tooth decay because stomach acids left on teeth can damage the teeth.
- Have a regular dental exam and cleaning at least once during your pregnancy. Be sure to inform your dentist that you are pregnant so that the best decisions are made for your treatment.
- Limit snacks containing high amounts of sugar or starch, as these can be harmful for your teeth. If you want a sugary treat, it is less damaging when eaten with meals.

What if my Gums Bleed during Pregnancy?

Pregnancy gingivitis can be a normal part of pregnancy. During pregnancy, the increased circulation and fluids may cause an increased blood flow to your gums. This usually appears during the third to ninth month of pregnancy.

To prevent and control pregnancy gingivitis, continue daily flossing and brushing.

Advanced Gum Disease

If you have severe gum disease when pregnant, it is important to see a dentist. A thorough cleaning of your teeth and gums is necessary to improve your oral health and to reduce the number of decay-causing germs in your mouth. Women with severe gum disease are at higher risk of having a preterm or low birth weight baby.

Diet and Baby's Teeth

A mother's diet can affect the way her baby's teeth develop. The baby's teeth begin to form as early as the fifth week of pregnancy.

It is important that you get enough calcium, protein, phosphorous and vitamins A, C and D when your baby's teeth are forming.

Take your prenatal multivitamin daily to ensure your growing baby develops strong healthy teeth.

Eat a balanced diet. Enjoy a variety of foods from *Canada's Food Guide*. Eat regularly - three meals and two or three healthy snacks every day. It is important to avoid constant snacking on foods and sipping beverages with high sugar content as this can cause tooth decay.

Drugs, alcohol, vaping and tobacco should be avoided during pregnancy. Nearly all drugs can pass from mother to the developing baby. Before taking any drugs, check with your pharmacist or call Saskatchewan Consumer Drug Information Service at 1-800-665-3784.

(turn over)



Accountable



Collaborative



Common Goals



Dedicated



Evidence-Based Practice



Wellbeing

How To Floss Your Teeth



Wrap floss around middle fingers (half a meter or half an arm's length)



Gently guide floss between teeth



Move floss up and down, sliding under gumline on both adjacent teeth

How To Brush Your Teeth

Angle the toothbrush bristles towards your gums. Gently brush back and forth with short, vibrating motions on all sides of your teeth.



Remember to brush your tongue.

Transmission of Decay-Causing Bacteria

Never share toothbrushes or allow toothbrushes to touch each other in a container. This spreads disease, including germs that cause tooth decay. Babies are not born with these decay-causing germs. They are passed from caregivers to babies through actions such as sharing utensils/cups or cleaning a pacifier by putting it in the caregiver's mouth.

The more germs a caregiver has in his/her mouth, the more decay-causing germs will be passed on to the baby. This can increase the risk of early childhood tooth decay.

Morning Sickness

If you have a strong gag reflex when brushing or are experiencing nausea, try the following:

- Do the most thorough brushing at a time of day when you feel your best, not when your gag reflex is at its peak.
- Lean your head forward while brushing to minimize anything in the back of your throat.
- Use a tongue cleaner for your tongue or choose a smaller-sized toothbrush to help reach the back molars easier without triggering your impulse to gag.
- Chew sugarless gum to increase the amount of saliva in your mouth which helps stop the nausea that may be common in the first three months of pregnancy.
- Try eating unsalted crackers or dry toast as a snack before getting out of bed in the morning; try getting out of bed slowly.
- Contact your doctor if vomiting persists or if you become concerned.

For more information check the website at www.saskohc.ca