

Dental Care



“Striving for birth equity through unity and empowerment.”

Oral hygiene is a crucial part of prenatal care. Dental issues such as gum disease and tooth decay are linked to serious pregnancy complications. Black women are disproportionately affected. Having good oral health protects you and your baby.

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SIS, DID YOU KNOW?

These tips can help you and your baby stay alive and healthy.

Dental care matters during pregnancy as hormonal changes can increase the risk for gum disease and tooth decay.

Pregnancy can cause gum swelling and bleeding, and mouth infections can affect you and your babies' health.

Common oral health problems in pregnancy are bleeding and/or swollen gums, bad breath, tooth pain or cavities.

Care for your teeth every day by: Brushing two times a day and flossing once a day. Rinse your mouth after any vomiting.

It is safe to see the dentist while pregnant. Be sure to tell the hygienist and dentist you are pregnant.

Contact your dentist immediately if you have red, swollen or bleeding gums, tooth pain, bad taste or pus in your mouth, or mouth sores.

Remember, healthy teeth help support a healthy pregnancy and baby. It reduces the risk of preterm birth, low birth weight, preeclampsia, and gestational diabetes.