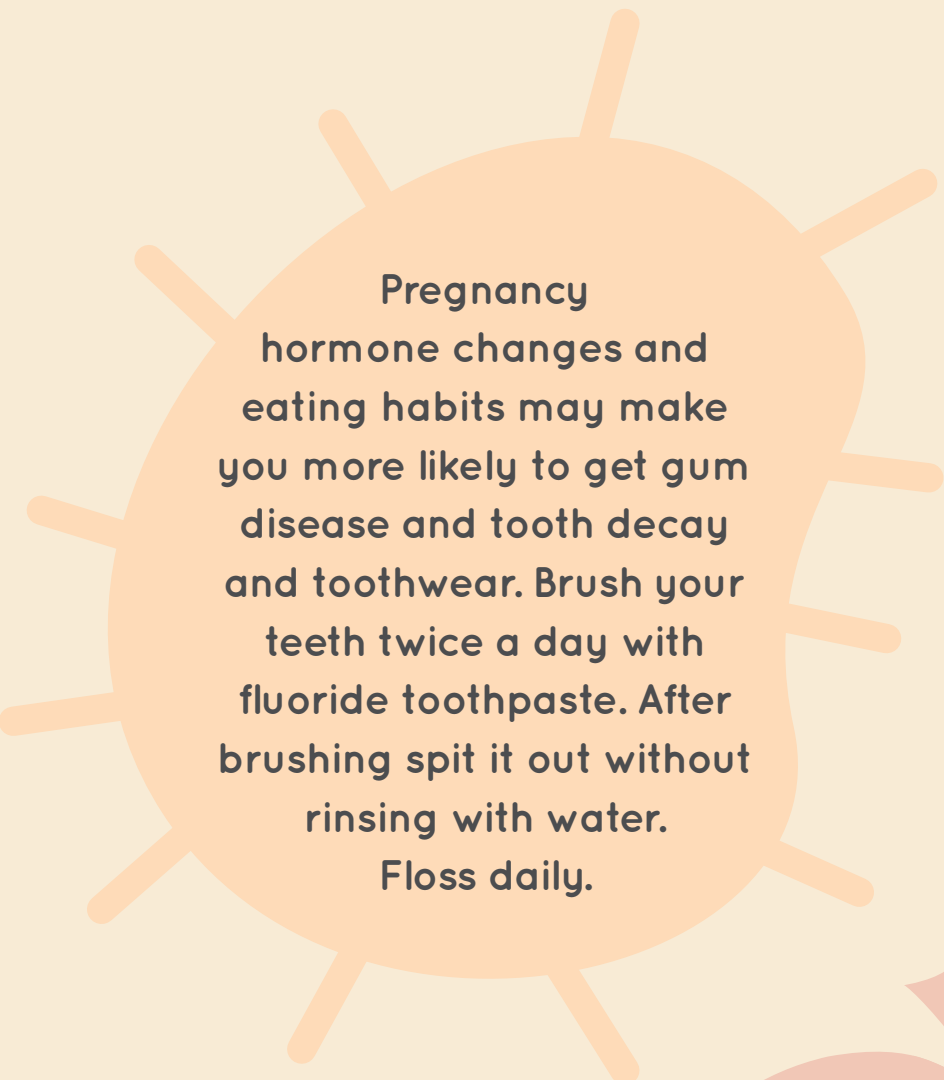



Maternity & Oral Health




Pregnancy hormone changes and eating habits may make you more likely to get gum disease and tooth decay and toothwear. Brush your teeth twice a day with fluoride toothpaste. After brushing spit it out without rinsing with water. Floss daily.




Visit your dentist for advice and a check-up, let them know that you are pregnant.



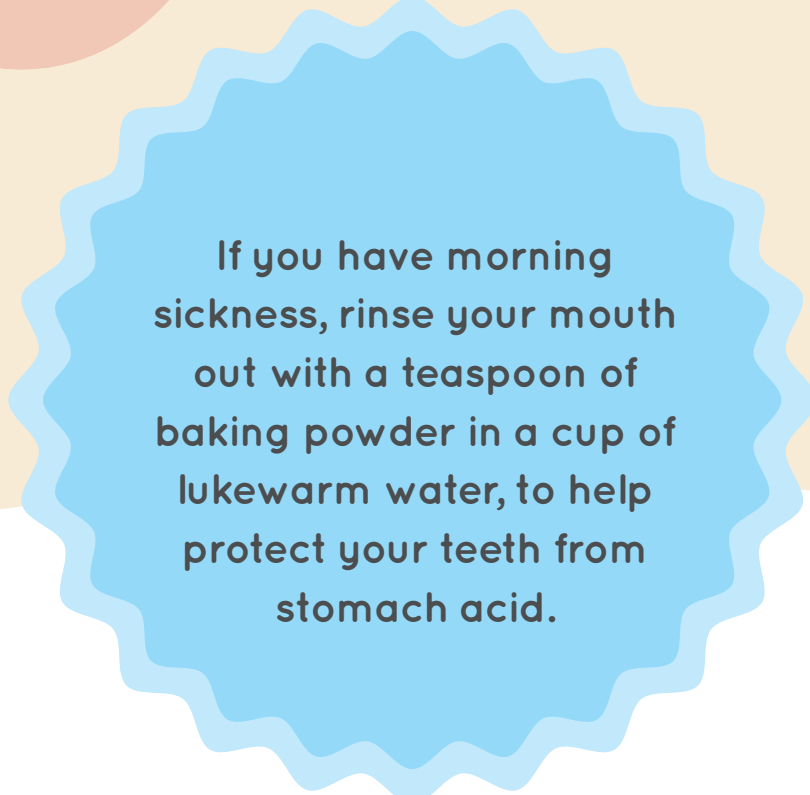
Avoid smoking and drinking alcohol. It can lead to long term harm of your baby.



Choose healthy foods and snacks low in sugar. Have 5 portions of dairy a day. Water and milk are the best drinks for your teeth.



Take care of your oral health before baby's birth, it is important for both mother and baby.



If you have morning sickness, rinse your mouth out with a teaspoon of baking powder in a cup of lukewarm water, to help protect your teeth from stomach acid.

