

# I-Smile™

for my baby and me!



## Oral Health & Pregnancy



## Your baby's health depends on you!

If you have gum disease during pregnancy, the germs in your mouth can spread to your entire body. These germs can cause you to deliver a premature, low birth weight baby.

After your baby is born, germs that cause cavities can pass from your mouth to your baby's mouth. These germs can be passed through kissing, sharing cups and silverware, or putting the baby's pacifier or hands in your mouth.

## Is your mouth healthy?

- Do you have dark spots or holes in your teeth?
- Do your teeth ache or are they sensitive to hot or cold?
- Do your gums bleed when you brush or floss?
- Are your gums red, swollen, or tender?
- Do you have bad breath or a bad taste in your mouth?

**If you answered yes to any of these questions, you may have cavities or gum disease.**

## Follow these easy tips to keep your smile healthy:

- Brush your teeth twice a day and floss once a day.
- Use a small, soft toothbrush and toothpaste with fluoride.
- Use a fluoride mouthrinse daily if you have frequent morning sickness.
- Visit the dentist at least once during your pregnancy for a check-up and cleaning. If you have problems with your teeth or gums, visit the dentist as soon as possible.
- Eat fruits, vegetables, or yogurt as a snack or when you have a craving.
- Drink water with fluoride.
- Limit sweets such as candy, cookies, donuts, and dried fruit.
- Limit soda pop and sugary drinks.



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