Pregnancy

North Bay Parry Sound District Health Unit
Bureau de santé du district de North Bay-Parry Sound

Oral Health
Santé buccodentaire

myhealthunit.ca



Pregnancy

Take extra care of your teeth and gums during pregnancy

- Tooth erosion, cavities and gum inflammation are common problems during pregnancy.
- Frequent morning sickness may cause teeth to wear thinner due to repeated contact with stomach acids. This is called tooth erosion.
- Teeth exposed to these acids are more sensitive, they chip easily and are at higher risk of cavities.
- Hormonal changes during pregnancy may cause the gums to become red, swollen and bleed more easily.

Minimize your risks

- Brush your teeth twice a day, morning and night.
- Floss daily.
- Rinse your mouth with water after vomiting. Wait at least 30 minutes before brushing your teeth. This helps reduce the spread of stomach acids on your teeth.
- Try to eat well and reduce the amount of sugary foods and drinks.
- Continue with your regular dental visits, if possible.