

Pregnancy Gum Infection

Pregnant women are at increased risk for gum infection because of hormones released during pregnancy.

Symptoms of Gum Infection:

- Chronic bad breath
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth

It is safe and healthy to visit your dental team while pregnant.

Your good oral habits can help to protect your baby from early childhood tooth decay.



How you care for your gums and teeth can affect your baby's health.

Morning Sickness

Vomiting because of morning sickness leaves acid in your mouth that may weaken the protective layer on your teeth. Wait 20 -30 minutes before brushing your teeth.

Prevent Gum Infection



- Brush your teeth twice a day (with a fluoride toothpaste)
 - Use a non-flavored toothpaste if strong flavors and smells make you feel like vomiting.
- Floss every day
- Visit the dental team for a check-up and cleaning
- Eat a well balanced diet
- Don't use tobacco products



See your dental team if you are pregnant or are thinking of becoming pregnant to have your gums and teeth checked and treated if necessary. This helps to prevent you from passing on the bacteria that causes tooth decay to your baby.

Healthy Eating

Eating enough and a variety of foods is important for you and your growing baby.

Be sure to include good sources of calcium and vitamin D in your diet every day. **These nutrients are important for healthy baby teeth.**

Calcium-Rich Foods (1 serving each)

- Milk or Fortified Soy beverage (1 cup)
- Cheese (1.5 ounces/50 grams)
- Yogurt (3/4 cup)
- Cooked Spinach or Kale (1/2 cup)
- Almonds (1/4 cup)

Some Sources of Vitamin D

Salmon	2.5 ounces/ 75 grams	203 - 699 IU
Milk/ Fortified soy beverage	1 cup/ 250mL	100 - 123 IU
Egg yolks	2 large eggs	57-88 IU
Margarine	1 teaspoon	27 IU

3-4 servings of a variety of calcium-rich foods daily gives you all the calcium you and your baby need



If you can't get all the calcium you need from food consider taking a Calcium + Vitamin D supplement.