Now you’re brushing for two

When you’re pregnant, you may be more prone to gum disease and cavities.

That’s why every pregnant woman needs to visit her dentist.

When you’re pregnant, you may be more prone to gum disease and cavities. That’s why every pregnant woman needs to visit her dentist.

Make your appointment before the baby comes.

Once she comes, we’re guessing you’ll be pretty busy.

If you have morning sickness, rinse your mouth with one tsp of baking soda in a glass of water after you get sick.

Tips to keep your mouth healthy:

2x

Be sure to brush twice a day and floss daily.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. This publication has been developed by the American Academy of Pediatrics. The authors and contributors are expert authorities in the field of pediatrics. No commercial involvement of any kind has been solicited or accepted in the development of the content of this publication. Copyright © 2018 American Academy of Pediatrics. You may download or print from our website for personal reference only. To reproduce in any form for commercial purposes, please contact the American Academy of Pediatrics.

This infographic is supported by the Grant or Cooperative Agreement Number, 5U48DP005223-04-01, funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services.