

## Concerns and Discomforts of Pregnancy - Oral Health



- Visit a dentist at least 1 time during pregnancy.
- Tell your dentist if you have gum or teeth problems.

- Use a soft toothbrush and brush gently. Floss each day.



- If you have vomiting from nausea, rinse your mouth with 1 cup of water mixed with 1 teaspoon of baking soda. This will get rid of stomach acid in the mouth.

- Do not use tobacco products.

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