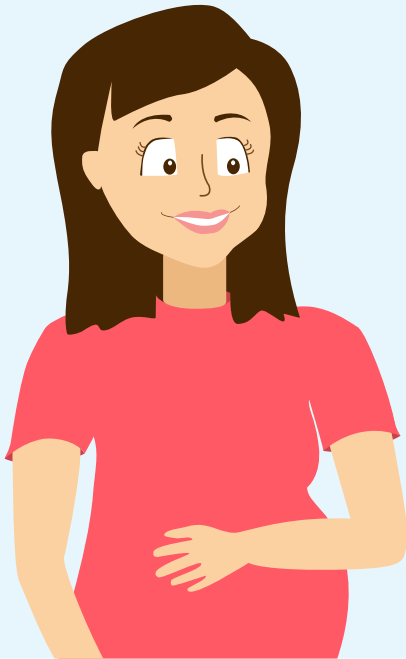


Prenatal Dental Care

Good oral hygiene is especially important while pregnant, as healthy moms are more likely to have healthy babies. Here are some helpful tips:



- ✓ Brush twice a day with fluoride toothpaste. (Fluoride toothpaste is safe to use during pregnancy.)
- ✓ Floss everyday.
- ✓ A small amount of bleeding from your gums is normal.
- ✓ Your mouth may become dry and cause bad breath because of hormonal changes.
- ✓ Toothaches may be due to cavities or gum disease.
- ✓ If you have pain or discomfort, do not wait, go to a dentist.



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