Dental care during pregnancy is safe and important
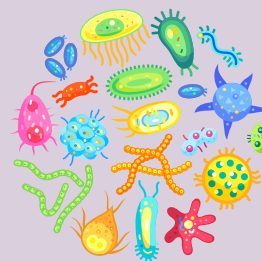
A healthy mouth for mother, a healthy start for baby

If a pregnant woman has untreated gum disease:
- It can affect overall health and wellness
- It might even cause the baby to be born too small or too early.

Moms can also share the germs that cause cavities with their new babies without even knowing it. This makes it more likely for the baby to get cavities later on.

In fact, kids are 3 times more likely to have cavities if their moms have a lot of cavities that haven't been fixed.

3 ways pregnant women can help their babies have healthy teeth:

one Go to regular dental appointments.

two Brush your teeth with fluoride toothpaste at least twice a day.

three Ask your dentist or doctor how to keep your teeth healthy or to fix any problems.

For more information and resources, visit www.endcavities.org/during-pregnancy and www.aap.org

Your Smile MATTERS

Utah Department of
Health & Human
Services