



Maternal Dental Care Tips



Oral health matters during pregnancy. A healthy mom means a healthy baby, and a mother's dental health is linked to her baby's overall health. Be sure to tell your dental staff you're pregnant and let them know your due date.



Schedule Dental Care During Pregnancy

Get a checkup and dental cleaning while you're pregnant — dental care is safe throughout pregnancy, so there's no need to put it off.



Time Treatment for the Second Trimester

Take care of any needed dental work before pregnancy, but if treatment comes up while you're expecting, the second trimester (roughly weeks 14 to 27) is the safest, most comfortable time.



Watch for Signs of Gingivitis

Keep an eye out for gingivitis, like swollen, tender, or bleeding gums — this is common during pregnancy due to hormone changes, and it usually improves with regular brushing and a dental cleaning.



Eat Foods That Build Strong Teeth

Choose healthy foods like fruits, vegetables, dairy products, and lean meats — they give you the calcium and protein your body needs to build strong teeth and bones for you and your baby.



Rethink Your Drink

Choose water or low-fat milk instead of sugary drinks, which feed the bacteria that cause cavities.



Don't Skip Brushing and Flossing

Keep brushing twice daily and flossing once daily — pregnancy hormones make gums more prone to irritation, so staying consistent matters more than ever, even if morning sickness or fatigue makes it tempting to skip.

CONTACT US



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