



It is common to have gum problems when you are pregnant.

Your gums may swell and bleed. This is called gingivitis or gum disease. When you are pregnant, gum disease can get worse. It is important to brush and floss your teeth often while you are pregnant.



Here's what you should watch out for:

- Your gums may be a very bright, shiny red color
- Your gums may look swollen
- Your gums may bleed easily when you brush or floss

If you have any of these signs, see a dentist right away.

Why worry about gum disease?

You may think that gum disease is not that important. But you should know that:

- Your gum disease can cause serious problems for your baby. You may have a much higher chance of your baby being born too early, too small, or both.
- Your gum disease could get worse. The gums, bone, and tissues around your teeth may pull away from the teeth. If you don't get treated, you could lose your teeth.

Here's what you can do to prevent gum disease:

- Brush your teeth at least twice a day, or more
- Use a soft toothbrush
- Brush your teeth with fluoride toothpaste
- Brush and floss before you go to bed
- Use a fluoride mouth rinse right before you go to bed, so the benefits will last all night long while you sleep
- Floss every day. This will help you clean between your teeth
- Eat healthy foods. Eat foods high in vitamin C and folic acid, such as oranges and cereals with folic acid added.
- Go to the dentist to get your teeth and gums cleaned and checked

