



Healthy Little Smiles Start Here



Protect Your Oral Health During Pregnancy

During pregnancy, hormonal changes may make your gums more susceptible to bacteria, and remember—you're really brushing for two. Here are some fundamentals to remember during pregnancy to protect your oral health and give your baby the best chance at a healthy smile.

Oral Health During Pregnancy

- When you are pregnant, what you eat is important. Follow your doctor's advice for eating the right foods and taking vitamins.
- Periodontal disease may become a bigger problem during pregnancy, so schedule a complete dental checkup before you become pregnant or early in your pregnancy.

Healthy Smile, Happy Life

The LifeSmile oral wellness program from Delta Dental can help you prevent disease and keep you on the path toward a healthier, happier life for you and your baby. Take advantage of numerous free resources for improving your oral health at deltadentalmn.org/oral-health.

