

Pregnant Women with Nausea

- Hormonal changes during pregnancy can increase your risk for gum disease. Pregnancy is also a busy time when you may pay less attention to oral hygiene leading to dental decay.
- Frequent nausea brings stomach acids to the mouth which may damage tooth enamel and may cause tooth decay.
- Use a teaspoon of baking soda mixed with a cup of water to rinse and spit after vomiting. Wait one hour to brush your teeth after vomiting. Brushing too soon after vomiting can damage tooth enamel. Rinse with a fluoride mouth rinse or chew gum with xylitol to improve taste.
- Brush gently with a soft toothbrush and fluoride toothpaste twice a day, after breakfast and before bed. Floss every night.



- ▶ Use a mouth rinse with fluoride at bedtime. This helps to keep teeth strong and repair early signs of tooth decay.
- ▶ Drink tap water that is optimally fluoridated. Fluoride is safe, effective, and keeps teeth strong.
- ▶ Sweet and starchy foods (sticky fruit snacks, cookies, crackers, and chips) may cause tooth decay. Eat these foods at meal time.
- ▶ Eat small amounts of nutritious foods like fresh fruits, vegetables, cheese, or nuts throughout the day to help prevent nausea.
- ▶ Limit juice, soda (including diet), and sports drinks between meals.

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