

# Brushing for Two: Tips for Wellness During Pregnancy



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## Brush twice a day.

60 to 75% of pregnant women in the US will experience pregnancy gingivitis. This is early-stage periodontal disease that occurs when the gums become red and swollen from inflammation, which may be aggravated by changing pregnancy related hormones.<sup>1</sup>

One of the best ways to decrease the likelihood of developing pregnancy gingivitis is to make sure you are brushing twice a day. My favorite introductory power toothbrush is [Philips Sonicare 4100](#), which helps to remove up to 7X more plaque than a manual toothbrush. With this tool in-hand throughout your pregnancy, your oral health will prosper.



## Talk to your OBGYN about maintaining an active lifestyle.

Is running or other exercise okay while pregnant? Likely yes, but talk to your doctor about any form of exercise beforehand. If safe, being active can help with your pregnancy in so many ways, including minimizing weight gain and stress management during labor and postpartum recovery.

Have an open conversation regarding physical activity so you can safely adjust your movement needs throughout the trimesters.



## Be cautious of sugary or acidic foods.

Pregnancy cravings of all kinds are very common! While occasionally satisfying a craving or two may be okay, it is important to be mindful of brushing your teeth after eating foods high in sugar or acid content to avoid cavities.

Common foods to be cautious of include ice cream, cakes, chocolate, spicy foods, potato chips, pickles, and more. This can cause cavity promoting bacteria and can become harmful for your enamel.



## Consider Taking Vitamin B6.

More than 50% of women experience morning sickness within the first trimester of their pregnancy. This can cause erosion in tooth enamel. To ensure your oral health is optimal, brushing your teeth twice a day can help combat the effects of morning sickness on your teeth.

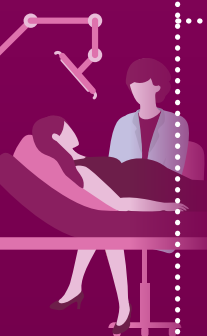
Discuss nausea with your doctor and consider a Vitamin B6 supplement (if your doctor is in agreement) which may help ease your nausea.<sup>2</sup> If it persists, there are other anti-nausea prescriptions that you can receive through your doctor. Protect your teeth by rinsing with water after vomiting and avoid brushing your teeth for at least 30 minutes.



## Make your appointment(s).

While your focus right now may be your pregnancy, do not neglect your other body systems. Your oral health is critical to a healthy pregnancy.

Schedule at least two visits with your dentist to evaluate your oral health during this time. Change your toothbrush regularly and report any loose teeth, bleeding gums, etc. Poor dentition can impact healthy eating habits, risk preterm labor, and be a sign of pregnancy related complications. Keeping up your oral health also sets the stage for good oral health for your baby!



<sup>1</sup>CDC, Pregnancy and Oral Health ([CDC.gov](#))

<sup>2</sup>WebMD, Morning Sickness ([WebMD.com](#))