



Nausea and vomiting are common experiences for pregnant people in the first 3 months of pregnancy and oral acids created by these experiences may lead to tooth erosion. Neglecting oral care and increased carbohydrate consumption have also been found to contribute to an increase in tooth decay.

In addition, **hormonal changes during pregnancy may cause bleeding, redness, oedema, and tenderness in the gums, and in more advanced cases, gingival infection leading to teeth loosening.** These conditions negatively affect the health of both the mother and the baby.

Pregnant people often delay dental treatment due to concerns of adverse effects on pregnancy. However, treatment for oral and dental conditions can be started between weeks 14 and 20 of pregnancy except in cases requiring delayed treatment due to complications during pregnancy.



Pregnant women should eat small nutritious meals throughout the day to prevent nausea and vomiting. In addition, they can chew sugar-free or xylitol-containing chewing gums after meals.

Pregnant women should avoid brushing their teeth for an hour after vomiting to prevent tooth erosion caused by the stomach acid.

Dryness of mouth may be observed in pregnant women due to hormonal changes. To alleviate dry mouth complaints, it may be useful to consume plenty of water or chewing sugar-free or xylitol-containing gums to increase saliva secretion.



Protecting and improving oral and dental health during pregnancy is of vital importance for the general health of the mother and the development of the newborn baby.

Women should continue to protect and improve their oral and dental health after birth. Do not forget that babies acquire the bacteria that cause tooth decay from the mother as soon as they are born. In addition, the baby should not be given sweetened or sugar-containing foods after birth and the gums should be wiped with a clean cloth or gauze every morning and before going to bed to prevent oral thrush



Conditions of the teeth and gums during pregnancy are preventable and treatable.

**A mother should take even better care of their teeth during pregnancy and consult a dentist immediately at the beginning of pregnancy and any time a new issue comes up.**

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Contact the nearest **Migrant Health Centre** for more information and support



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[sihhatproject](https://www.youtube.com/sihhatproject)



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**ORAL AND DENTAL HEALTH  
DURING PREGNANCY  
IS IMPORTANT**

