

YOUR SAFE DENTAL CARE DURING PREGNANCY CHECKLIST

Before Your Appointment

- Tell us your due date and current trimester
- Share your OB-GYN's name and any complications
- Mention morning sickness or cravings

Before Your Appointment

- Brush gently twice daily with soft toothbrush + fluoride toothpaste
- Floss daily (or use water flosser)
- Rinse with baking-soda water after vomiting, wait 30 min before brushing
- Use alcohol-free fluoride mouthwash
- Choose calcium-rich snacks (cheese, yogurt, crunchy veggies)

Warning Signs – Call Immediately

- Severe pain or swelling
- Bleeding gums that won't stop
- Loose teeth

Book your pregnancy-friendly visit today