Now you're brushing for two

When you're pregnant, you may be more prone to gum disease and cavities. That's why every pregnant woman needs to visit her dentist. After your baby is born, you could pass the bacteria that contributes to cavities from your mouth to hers.

Once she comes, we're guessing you'll be pretty busy. Make your appointment before the baby comes.

Tips to keep your mouth healthy:

If you have morning sickness, rinse your mouth with one tsp of baking soda in a glass of water after you get sick. Be sure to brush twice a day and floss daily.

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This infographic is supported by the Grant or Cooperative Agreement Number, [6 NH23IP000952-04-01], funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services.