

## Dental Tips to Keep in Mind during Pregnancy

Pregnancy is a time where a woman's body goes through a variety of changes. Women go through many things during pregnancy like morning sickness, nausea, hormonal changes, change in body weight, and many other things that are difficult to deal with. Dealing with these changes, women often forget about taking care of their dental health.

**Here are a few dental tips to keep in mind during pregnancy.**

### Avoid OTC painkillers

During pregnancy, due to hormonal changes, many dental issues like swollen gums and toothache arise. Many [Dentists in Udaipur](#) advice not to take over the counter painkillers to treat toothache unless it is prescribed by the physician. Taking painkillers without a doctor's permission can put the health of the mother and the baby at risk. It is better to consult both your dentist and physician before taking any medicine for dental issues.

### Brush before going to Bed

Pregnancy or no pregnancy, always brushes your teeth before going to bed. During pregnancy, you are already at an increased risk of tooth decay, and consumption of more carbohydrates can put you at more risk of getting tooth decay. Brushing before going to bed will remove all debris of food you have eaten during the day from your teeth. Morning sickness and nausea increase acid production in your mouth, which can damage the outer protective layer of teeth. Brushing before going to bed will remove the excess acid from your mouth.

### Remember to floss

Flossing is important for your good dental health. Poor dental health during pregnancy can risk the health of the baby. Many studies have linked poor dental health to premature birth and low birth weight in babies. [Dental Clinics in Udaipur](#) advice their patients to floss regularly, as flossing helps in removing plaque and food stuck between your teeth. Flossing also helps in clearing the space between teeth where a toothbrush cannot reach. Flossing also prevents tooth decay and gum diseases.

## Visit the Dentist regularly

It is important to visit the dentist regularly as it will help you to keep a check on your dental health. Normally a person should visit the dentist twice or thrice a year.

During pregnancy, visiting a dentist is suggested to keep a check on your oral health. Experienced dentists can identify the underlying dental issues and will solve them. Regular visits will help dentists to detect possible problems, which can cause issues during pregnancy. Your dentist will also suggest some dental care tips during pregnancy. There dentists who provide [Dental Treatment Services in Udaipur](#) for pregnant ladies at affordable costs.

## Avoid midnight snacking

During pregnancy, food cravings don't really care about the time. But eating at midnight can cause you some serious dental issues like cavities. Avoid snacking at midnight, if you still want to have snacks, avoid sugary and sticky food. Always remember to brush your teeth before going back to sleep.

## Stay hydrated

Dry mouth is common during pregnancy and it can put the women at a greater risk of getting tooth decay and gum infections. Dry mouth can also create problems in chewing and swallowing food. Keep drinking water to avoid dry mouth, you can also have sugar free chewing gums to increase the saliva production.

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