

## **b. Dental Care**

### **MODULE 1**

Taking care of your teeth is very important during pregnancy. Pregnancy affects every part of your body including your teeth and gums. Plaque develops more rapidly and your gums can become red, sensitive, and infected. It is very important to brush and floss your teeth regularly.



It is recommended that you visit a dentist during your pregnancy. Don't forget to tell him/her that you are pregnant.

Continue to take care of your teeth after the birth of your baby. Your teeth, as well as those of your children, must last for life.