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[Make Your Oral Health a Priority during Pregnancy](#)



Whether you're going to be a mother for the first time or for the second or third time, those nine months of pregnancy can be exciting and exhausting in equal measure. For one thing, you have a nursery to decorate. For another, there are all those doctor's appointments to keep up with. And if all that isn't enough, you and your loved one will have a million other things to keep in mind as well.

It's easy, then, for your oral health to get lost in the shuffle. But as recent studies have shown, taking care of your smile is key to caring for your overall health and can even help to prevent premature birth and other pregnancy complications.

So, with that in mind, here are three tips to keep in mind:

Pay special attention to your gumline as you brush and floss daily.

The extra progesterone produced by the body during pregnancy makes gums more sensitive to irritation from plaque, increasing the likelihood of gingivitis. By paying more attention to your gumline as you brush, you're doing your part to protect your smile and your little one.

Improve your diet.

Variety is important, of course, but make sure that you're eating plenty of fruits and vegetables. Foods like these are high in important vitamins and minerals and are good for your smile, in addition to your overall health.

Visit Grand Dental often.

By coming into [our Oklahoma City office](#) at regularly schedule intervals to see [Dr. Kirk, Dr. Henry, or Dr. Proud](#), we can keep an eye out for trouble and help you treat it immediately if we find anything.

If you're pregnant and live in the **greater OKC area**, [call Grand Dental Nichols Hills today](#) to schedule your next visit with one of our doctors. And if this will be your first visit with us, click here to find out about our [Free First Visit™ program](#).

You want to give your little one the best possible start in life, and our team at **Grand Dental** can help.