

# Healthy Smile, Healthy Baby

Delta Dental of Wisconsin

Advancing Solutions for Better Oral Health



## Morning sickness is harmful to teeth

Morning sickness isn't just an unpleasant experience – it can also be bad for your teeth.

Morning sickness, which is a common experience for many women in the early months of pregnancy, causes tooth erosion. This condition causes the removal of the top layer of enamel. A piece of dry toast, eaten before getting out of bed, may help to reduce the feeling of nausea.

If you get sick, you should rinse with water, a fluoride mouth rinse or a rinse of sodium bicarbonate (baking soda). Rinsing helps protect the teeth from damaging stomach acids. Tooth erosion can result in teeth becoming sensitive to heat and cold, and vulnerable to becoming decayed. Do not brush teeth immediately after vomiting, as weakened enamel will be brushed away.

Download this file for more information.

