

Are you a
new **mother**
or expecting?



Oral Hygiene maintenance is a must

Pregnancy hormones create havoc & harm gums; good oral hygiene helps prevent pre-term, low-weight births.



Dental Visits are Safe

Dental visits are very safe during pregnancy; only first and third trimesters need extra care.



Breastfeeding Benefits

Breastfeeding boosts immunity, shapes the face, and reduces tooth decay vs. bottle feeding.





Avoid Kissing

Avoid mouth-kissing your child to prevent passing harmful bacteria and overloading their immune system.

Tips

Prioritize your dental health during pregnancy.
Schedule a checkup today for a healthy smile
for both you and your baby!



Scan the **QR code**
for your weekly dose
of dental health updates

