



## Protect your Teeth from Morning Sickness

Vomiting or reflux caused by morning sickness can expose the teeth to a large amount of stomach acid. This acid can lead to decay and result in serious oral health concerns.

How can you decrease the amount of acid on your teeth if you have morning sickness?

### Ideas that could help reduce nausea

- 🦷 Avoid smells that make you gag.
- 🦷 Nibble on a few crackers, rinsing teeth with water afterwards.
- 🦷 Eat smaller meals throughout the day.
- 🦷 Try peppermint tea or sugar free gum.
- 🦷 Try using a peppermint lip balm or another calming scent.
- 🦷 Sip tap water throughout the day to keep your mouth clean.

### What to do right after vomiting:

- 🦷 Rinse with water. Water is a great way to help remove dangerous acids from the teeth and can reduce the chance of decay. Tap water with a tiny bit of baking soda to reduce the acid level is best or you can use a mouthwash with fluoride.
- 🦷 Smear a small amount of fluoride toothpaste on your teeth using your finger.
- 🦷 Wait about an hour before brushing. Stomach acid can weaken tooth enamel so brushing right after vomiting might cause scratching and more damage.
- 🦷 Use a very soft toothbrush and brush gently each side of the teeth 5 times
- 🦷 Spit out extra toothpaste, but do not rinse – let the fluoride do its work to harden tooth enamel