Common Myths and Facts About Pregnancy and Oral Health

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The American College of Obstetricians and Gynecologists (ACOG) and the American Dental Association (ADA)recommend that all pregnant women receive routine dental care. Misinformation and common myths can lead to untreated dental conditions, which may increase the risk of pregnancy complications.

Let's Clear Up Some Common Myths About Pregnancy and Oral Health

Common Myths	The Facts
Dental visits are not necessary during pregnancy because oral health concerns are normal.	**Dental visits are not only necessary they are also safe.** Dental professionals can safely prevent and treat dental concerns during your entire pregnancy.
The baby absorbs calcium from the mother's teeth, causing cavities and other dental concerns.	**The baby does not absorb calcium from the mother's teeth.** Hormonal changes, morning sickness, frequent snacking, and changes in daily oral hygiene during pregnancy can increase the risk of cavities and gum disease.
Dental X-rays can harm the baby.	**Dental X-rays are safe during pregnancy when needed.** The amount of radiation used during a dental x-ray is very low. Delaying needed dental care can be more harmful to you and your baby than getting a needed dental x-ray.
Dental treatment should only be done in an emergency.	**You do not have to wait for a dental emergency to get care.** Many dental treatments, local anesthetics, and medications used in dental care are safe throughout pregnancy. Your dentist will choose the safest treatment for you and your baby.
You should brush your teeth right after vomiting.	**Wait before brushing after vomiting.** Vomit contains stomach acid that weakens tooth enamel, the protective outer layer of your teeth. Instead, rinse your mouth with a combination of one cup water and one teaspoon of baking soda. Wait at least 30 minutes before brushing.

Source: Yasaman Mohammadi Kamalabadi, M. Karen Campbell, Natalie M. Zitoun, and Abbas Jessani, "Unfavourable Beliefs about Oral Health and Safety of Dental Care During Pregnancy: A Systematic Review," BMC Oral Health 23, no. 762 (October 15, 2023), https://doi.org/10.1186/s12903-023-03439-4
Source: "Is It Safe to Take Acetaminophen During Pregnancy?" American College of Obstetricians and Gynecologists, September 2025, https://www.acog.org/womens-health/experts-and-stories/ask-acog/is-it-safe-to-take-acetaminophen-during-pregnancy