

Visiting the dentist

NHS dental treatment is free during your pregnancy and until your baby is one year old. It is a good idea to take your baby along with you to visit the dentist from an early age.

Remember to take your maternity exemption card with you when you make an appointment for a dental check-up.

Useful information

If you need to find an NHS dentist for routine dental care visit NHS Choice website – www.nhs.uk or telephone NHS England on 0300 311 2233.

For further information on keeping healthy during your pregnancy speak to your midwife health visitor, GP or visit:

www.nhs.uk/conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx

www.nhs.uk/Livewell/goodfood/Pages/the-eatwell-guide

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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NHS

**Bridgewater
Community Healthcare**
NHS Foundation Trust

Oldham Oral Health Improvement Service

Good oral health during pregnancy



Quality first and foremost

Looking after your teeth and gums during pregnancy

It is extremely important to keep your teeth and gums as clean as possible especially whilst you are pregnant.

Some pregnant women experience bleeding gums due to hormonal changes and/or a build-up of plaque (bacteria) on the teeth and gums. It is extremely important that you continue to brush even if your gums bleed.

Toothbrushing

The best way to prevent or treat gum problems is to have a good toothbrushing routine:

- Choose a suitable toothbrush - it should have a small compact head of soft, long and short filaments and a comfortable handle
- Use fluoride toothpaste that contains at least 1350 parts per million (ppm) fluoride
- Brush your teeth twice a day - last thing at night is the most important time
- It may be better to brush later on in the day rather than first thing in the morning if you suffer from morning sickness
- Spit out after brushing - do not rinse your mouth with water; leaving fluoride in your mouth will help to protect your teeth from decay
- If you use a fluoride mouthwash use it at different times to brushing to get extra benefit from the fluoride it contains.

Healthy eating during pregnancy

- Avoid having sugary snacks and drinks too often – try to keep them to mealtimes only.
- Try to drink plenty of plain non-flavoured water during the day.
- Aim to have at least five portions of fruit and vegetables each day; using the Eatwell Guide below can help you to get the balance right:



Smoking and drinking alcohol during your pregnancy

To give your baby the best possible start in life it is advised that you do not smoke or drink alcohol during pregnancy.

Please speak to your midwife, health visitor or GP if you want help to quit smoking.