

Useful information

If you suffer with sickness during pregnancy you should wait half an hour before brushing your teeth.

The acids in vomit can cause damage to your teeth and brushing straight away can make this worse.

You can rinse your mouth with a fluoride mouthwash which will refresh your mouth and protect your teeth.

It is advised not to smoke or drink alcohol during pregnancy for the health of your baby and yourself.

Smoking and alcohol can increase the risk of developing mouth cancer.

If you need to find an NHS dentist contact your local dental helpline or visit www.nhs.uk – ‘services near you’.

For help and advice speak to your midwife or visit: www.nhs.uk

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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Community Dental Service

Oral health care in pregnancy



Looking after your teeth and gums during pregnancy

It is important to brush your teeth and gums twice a day to remove the plaque.

Many women find that their gums bleed when they are pregnant due to hormonal changes. This should stop soon after baby is born.

Gums become softer and spongy making them more prone to infection.

Even if your gums bleed, do not stop brushing.

Toothbrushing

Use a small headed soft/medium toothbrush with a pea sized amount of family fluoride toothpaste (1450 parts per million).

Carefully brush each tooth surface and gums using a circular or side to side movement.

Spit out the toothpaste. Do not rinse as the fluoride will help to protect your teeth for longer.



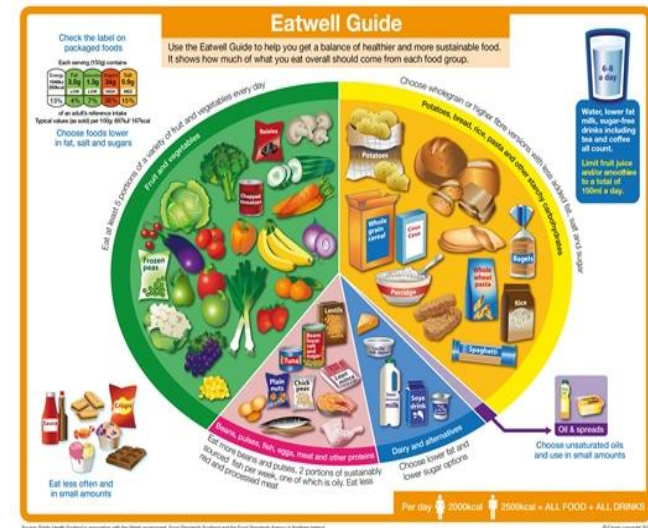
Healthy eating during pregnancy

Aim to have at least five portions of fruit and vegetables a day.

Keep sugary foods and drinks to mealtimes to help reduce the risk of tooth decay.

Try and drink plenty of plain water during the day.

The **eatwell plate** can help you to get the balance right.



Visiting the dentist

NHS dental treatment is free during pregnancy and until your baby is one year old. Take your maternity exemption card with you when you make an appointment for a dental check-up.

Your dentist will recommend how often you need to be seen.