

## Useful information

If you suffer with sickness during pregnancy, you should avoid brushing your teeth for about half an hour after you have been sick. 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 help to refresh your mouth and protect your teeth.

You should avoid smoking or drinking 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](http://www.nhs.uk) – ‘services near you’.

For help and advice speak to your midwife or visit: [www.nhs.uk](http://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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**NHS**

**Bridgewater  
Community Healthcare**  
NHS Foundation Trust

## Oral Health Improvement 0 -19 Integrated Service

### Oral Health care in pregnancy



Quality first and foremost

## Looking after your teeth and gums during pregnancy

Many women find their gums become red and inflamed during pregnancy and may bleed when brushing. This is due to the hormonal changes that are taking place in your body.

The bleeding should stop after your baby is born and your gums will return to normal.

It is important to continue to brush your teeth and gums twice a day to remove the plaque - a sticky, colourless or pale-yellow film that forms on your teeth.

Do not stop brushing even if your gums bleed. It is important to keep brushing.

Remember to visit your dentist as often as they recommend.

## Toothbrushing

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



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

Spit out the toothpaste.

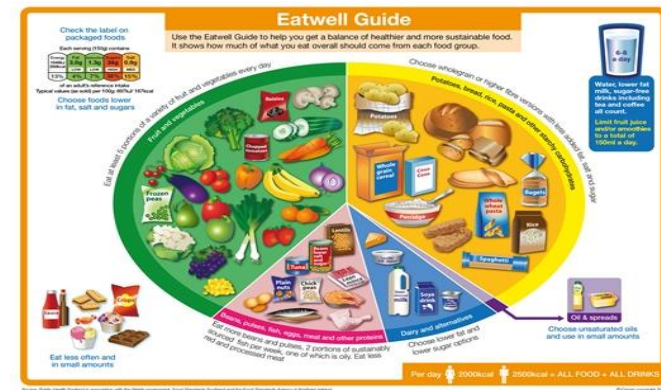
Do not rinse your mouth as the fluoride will help to protect your teeth for longer.

## Healthy eating during pregnancy

Being pregnant will not cause you to lose your teeth from lack of calcium, however, it is important to maintain a balanced diet for you and your baby.

- 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 below 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.