



CARING FOR YOUR ORAL HEALTH DURING PREGNANCY

Looking after your teeth and gums and seeing your dentist regularly will help to keep your mouth healthy during pregnancy.

Due to hormonal changes some women may notice that their gums are sorer and more swollen and may bleed when brushing. Establishing a good daily oral hygiene routine is important to prevent any further problems.



Top tips to keep your mouth healthy:

- Use a toothpaste that has 1,350 to 1,500 parts per million (ppm) of fluoride in it. Always check the label. Many local supermarkets sell suitable fluoride toothpaste for less than £1.00 per tube.
- Brush teeth at least twice daily, for two minutes: last thing at night (or before bedtime) and on at least one other occasion.
- Spit out toothpaste when you've finished, but don't rinse.
- Choose a suitable toothbrush (manual or powered) and clean inbetween teeth with floss or interdental brushes before toothbrushing.
- If you have morning sickness (nausea and vomiting), don't brush your teeth straight afterwards as this can damage the surface of your teeth – rinse your mouth with plain water.
- Eating a healthy, balanced diet will give you and baby all the vital vitamins and minerals needed for growth and development. Try to limit the amount of sugary foods and drinks you consume and if possible, keep to mealtimes.
- NHS dental treatment is free during pregnancy and for 12 months after baby is born. The dental team can give you lots of advice on caring for your and babies teeth.
- If you smoke or use tobacco products quitting is the best thing you can do for your own and your baby's health. For free local support contact, Be Well Tameside **0161 342 5050** or email bewelltameside@tameside.gov.uk



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