

Healthy Smiles During Pregnancy



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Pregnancy is very exciting, and it is important to keep a healthy and strong smile. Pay extra attention to your oral health now that you are brushing for two.

Pregnant women are at risk of diseases like gum disease and tooth decay. Hormone changes may make your gums more sensitive to bacteria in the mouth. Your gums may look red, puffy, bleed easily or feel sore. More frequent eating and cravings for sweet foods and drinks is common. But having too much sugar may cause tooth decay.



Here are some healthy oral health tips to follow during pregnancy:

It is safe to visit the dental clinic during pregnancy. It is extra important to have your teeth and gums checked. Concerns about local anaesthetic and x-rays are common but expert advice tells us they are safe to have when pregnant. Always tell your dentist if you are pregnant so they can care for you safely.

Avoid smoking, vaping, and drinking alcohol. These can have serious health problems for babies.

It is important to keep good oral hygiene. Brush using a toothbrush with soft bristles and a fluoride toothpaste in the morning and at night. Squeeze out paste the size of a pea. Spit the toothpaste out after brushing but do not wash your mouth with water. Brush for 2 minutes every time to clean the bacteria from all surfaces of the teeth.

Vomiting is common during pregnancy. It can damage your teeth. Do not brush your teeth straight away after vomiting. This can cause more tooth damage. Wait at least 60 minutes before brushing after you vomit. Wash your mouth with water or mouthwash or rub some toothpaste over your teeth with your finger while you are waiting to brush.



Choose foods and drinks that are low in sugar to help protect your teeth. For snacks, try cutting up cheese or fresh fruit and vegetables, like carrot and apples. Choose tap water over fizzy drinks and juice.