Maternity

Your baby's oral health starts with you

Taking care of your health during pregnancy is important for both you and your baby. Making healthy choices can positively affect your baby's development including their teeth.

www.dentalhealth.ie

Dental Health Foundation
Ireland

MATERNITY
It is important to visit your dentist during pregnancy for advice and a check up to prevent tooth decay and gum disease. Always advise your dentist that you are pregnant.

Tooth Tips

- Brush twice a day, at bedtime and one other time for 2-3 mins
- Use a soft/medium toothbrush and fluoride toothpaste (at least 1000ppm)
- Spit, don't rinse after brushing
- Hormonal changes during pregnancy can make your gums more vulnerable to plaque/bacteria and more likely to bleed. Floss daily to reduce plaque build up. Ask your dental team for advise on technique
- If you vomit, rinse your mouth out with water. Your teeth will be softened by your stomach acid so do not brush straight away, wait about an hour
- Change your toothbrush when bristles are worn

Diet

- Choose healthy snacks such as whole fruits between meals. Dried fruits are high in sugar.
- Avoid sugary snacks and drinks.
- Keep hydrated. Choose unflavoured water or milk instead of sugary drinks
- Limit fruit juice or fruit smoothies to a small glass once a day, with a meal and always choose unsweetened
- Read food labels carefully for sugar content. Less than 5g per 100g is low sugar.
- It is recommended to eat five servings of dairy a day during pregnancy

General

- Avoid smoking and drinking alcohol during pregnancy. It can lead to longterm harm to your baby

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