

# Oral health for pregnancy



You can speak to your GP, dentist or 0-19 Public Health Nurse (health visitor) if you have any concerns about your oral health during pregnancy or immediately after birth.

**0-19**

**Public Health Integrated  
Nursing Service**

## How can I keep good oral health in pregnancy?

It is important to look after your dental health during and after pregnancy.

Hormonal changes in pregnancy can make some women more prone to gum disease. The gums can become sore, swollen and may bleed. There have been some links between gum disease and risks to the unborn baby therefore do not ignore any signs and get it checked straight away.



Try to limit the amount of sugary drinks and foods you eat and make sure you brush your teeth with a fluoride toothpaste and floss twice daily.

If you suffer from morning sickness rinse your mouth with plain water or a fluoride mouthwash (that doesn't contain alcohol) to protect your teeth from the acid from being sick. Chewing sugar free gum can help demineralise your mouth after the acid attack. Try not to brush your teeth straight afterwards as this could damage the teeth.

## What do I do if I have problems with my teeth or gums in pregnancy?

There is some evidence that untreated gum disease can affect an unborn child therefore it is important to get it checked out as soon as possible.

Make your dentist aware that you are pregnant as they may want to delay some dental treatment until after you have had the baby such as an X-ray or anaesthesia.

It is generally safe for you to use common painkillers such as paracetamol and antibiotics when you are pregnant. You should always speak to your doctor before taking any new medication while pregnant to make sure it is safe to use.

Dental care  
is **FREE** during  
pregnancy and  
until 1 year after  
your due date