

Dental Care and Pregnancy

Good oral hygiene during pregnancy is very important. You may notice that your gums will bleed and become inflamed during pregnancy, which may be due to changing hormone levels, but you should still continue to brush as normal.

We recommend that you:

- Brush teeth and gums twice a day for two minutes
- Use a small headed toothbrush with medium textured bristles
- Use fluoride toothpaste
- Spit the toothpaste out but do not rinse your mouth out with water
- Use interdental cleaners once a day (e.g. floss or TePe brushes)
- Change your toothbrush every three months

You should attend the dentist for regular appointments throughout your pregnancy. Your dentist may also suggest you visit the hygienist for thorough cleaning and oral health advice. Dental treatment is safe during pregnancy. There are no known risks, but replacing amalgam fillings and having dental X-rays is usually, as a precaution, left until after your baby is born, so it is important to let your dentist know you are pregnant. Remember NHS dentistry is free during pregnancy and for up to one year after the birth of your child.

A healthy, well balanced diet is essential for you and your baby during pregnancy. Foods like milk and cheese and other dairy products contain calcium and are important as they help produce strong bones and healthy teeth.

If you suffer from morning sickness try to rinse your mouth out with plain water after each attack as this helps reduce acidity in the mouth. You should try to avoid brushing your teeth and gums after being sick. If you have pregnancy cravings you should try to avoid sugary snacks and drinks between meals. This will reduce your risk of developing tooth decay. You could also use a fluoride (alcohol-free) mouthwash.

For any further advice or assistance, please contact the Practice on 01753 623723 or at info@caidentalwindsor.co.uk