# PATIENT FACT SHEET:
# HEALTHY TEETH, HEALTHY PREGNANCY

*Keeping your teeth and gums healthy during pregnancy is important. Severe gum disease has been linked to babies being born too early and too small.*

*It is safe to visit the dentist when you are pregnant and is advised that you do so!*



## How can I keep my teeth and gums healthy while I'm pregnant?

**Quit smoking** - *Smoking when you are pregnant is harmful for you and your baby.*

**Eat a wide variety of foods** - *from the 5 food groups including plenty of fruit and vegetables.*

**Limit sweets and soft drinks** - *the extra sugar is not good for you, your baby or your teeth.*

**Drink plain milk** - *the calcium in milk is good for your baby's teeth and bones.*

**Use a soft toothbrush** - *your gums will be extra sensitive during this time.*

**Floss** - *your teeth once a day as usual.*

## What do I do if I feel sick and vomit when I'm pregnant?

**If you vomit:**

- Wait for 30 minutes before you brush your teeth.

- Rinse your mouth out with tap water and rub toothpaste onto your teeth with your finger.

## Keeping you and your bub smiling

The team at DCP wish you all the best with your pregnancy and look forward to caring for you and your bub.

For more information about oral health care, please visit www.dentalcareprofessionals.com.au

When you make your appointment, please inform the DCP team that you are pregnant.

P:    8232 3280

W:    www.dentalcareprofessionals.com.au