



# healthy teeth healthy pregnancy

Keeping your teeth and gums healthy during pregnancy is important.

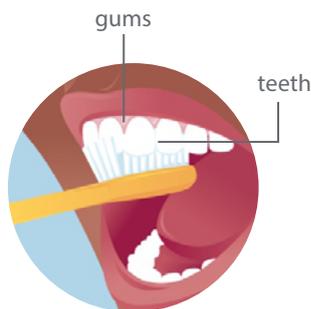
Severe gum disease has been linked to babies being born too early and too small.

It is safe to visit the dentist when you are pregnant.



## Why should I look after my teeth and gums during pregnancy?

Severe gum disease has been linked to babies being born too early and too small.



- Gums help hold your teeth in place.
- Sore, puffy, red or bleeding gums can be a sign of gum disease.
- If you think you have gum disease talk to your dentist, midwife or doctor.
- Continue to gently brush your teeth twice a day.

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

Eat a wide variety of foods from the 5 food groups:



- Plenty of vegetables
- Fruit

- Wholegrain cereals, pasta and bread
- Lean meats and chicken, fish, eggs, tofu, nuts and seeds
- Milk, yoghurt and cheese

- Food cravings in pregnancy are common, but remember to limit sweet foods.



**dental health**  
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oral health for better health

## Drink plenty of tap water:



- Tap water can have fluoride in it. Fluoride is good for your teeth.

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



- Limit sweet drinks.

## Brush your teeth and gums twice a day:

- Use a soft toothbrush and fluoride toothpaste.
- Floss your teeth once a day.
- You may feel sick and vomit when you are pregnant. If you vomit:
  - Rinse your mouth out with tap water and rub toothpaste onto your teeth with your finger.



- Wait for 30 minutes before you brush your teeth.

## Stop smoking:

- Smoking when you are pregnant is harmful for you and your baby.
- Smoking can harm your teeth and gums.
- For help to stop smoking call the Quitline - 137 848.



## Is it safe to go to the dentist while I'm pregnant?

- Most dental treatment is safe when you are pregnant.
- Sometimes in the first 3 months of your pregnancy you may need to be careful about some medications. Ask your dentist about this.
- When you make your appointment, tell the dental service that you are pregnant.

## Where can I see a dentist?

You can see a public dentist if you:

- Have a Victorian Health Care or Pensioner Concession card, or you are under 18 and your parent has one.



- Are a refugee or asylum seeker.

## Will I go on a waiting list?

- Pregnant women do not go on a waiting list.

## Do I have to pay?

- You may have to pay a small amount.
- When you make your appointment you can ask about the cost.

## How do I make an appointment?

Northeast Health Wangaratta Dental Service  
Community Care Centre, 4-12 Clark Street, Wangaratta  
(03) 5722 5325  
Benalla Community Care, 45 Coster Street, Benalla  
(03) 5761 2201

If you do not have a concession card you will need to see a private dentist.

For more information about oral health and pregnancy  
[www.dhsv.org.au](http://www.dhsv.org.au)