



Healthy Smiles during Pregnancy

1. Brush with soft toothbrush and fluoride toothpaste for 2 minutes every morning and night.

2. Book a dental visit to have your gums and teeth checked. It is safe and recommended.

3. Drinking tap water is best. Limit sugary drinks to help reduce the risk of tooth decay.

For more information visit mobsmiles.org.au

Mob Smiles® is made possible by the Australian Dental Association