



Healthy Smiles during Pregnancy

Pregnancy is very exciting and your oral health has never been more important now that you are brushing for two. While it is important to keep a healthy and strong smile, in general pregnant mothers are at greater risk of gum disease and tooth decay.



It is safe to visit the dental clinic. It is recommended for you to have your teeth and gums checked, and cleaned, during pregnancy. Concerns about local anaesthetic and x-rays are common but expert advice tells us they are safe to have when pregnant.

Brush using a soft toothbrush and fluoride toothpaste for 2 minutes every morning and night. Squeeze out paste the size of a pea. Spit out the toothpaste after brushing but do not wash your mouth with water.



Morning sickness during pregnancy can damage teeth. It is important to avoid toothbrushing straight after vomiting. This can damage your teeth more. Wait at least 60 minutes before brushing. Rinse with water or mouthwash and rub some toothpaste over the teeth with your finger while you wait.

For more information visit mobsmiles.org.au

Mob Smiles is made possible by the Australian Dental Association