



PREGNANCY &  
NEWBORN ORAL  
HEALTH ADVICE

- A healthy smile during  
pregnancy.



## EMPOWERING ORAL HEALTH

Our mission is to empower people to improve their oral health and general health over a lifetime.

### ORAL HEALTH TIPS FOR PREGNANT WOMEN

- 1 Brush twice daily
- 2 Use a soft toothbrush
- 3 Use fluoride toothpaste (1450ppm)
- 4 Spit, do not rinse after brushing
- 5 Change toothbrush when bristles are worn
- 6 Floss daily to reduce plaque
- 7 Visit your dentist for a check

### PREGNANCY GINGIVITIS

Your hormones change during pregnancy and can make your gums more vulnerable to plaque biofilm and may cause them to bleed and become inflamed. This usually occurs around the second and third trimester of pregnancy. Do not stop brushing or flossing. If symptoms persist, contact your dentist.

### MORNING SICKNESS

The acid in your tummy can contribute to tooth erosion. Do not brush your teeth immediately after vomiting, rinse with baking soda and water.

### PREGNANCY TUMOURS

Don't let the name alarm you! These are non-malignant (benign) tumours. They look like raspberries and appear in between the teeth. They can be removed if painful. They tend to vanish after your child is born.

### GESTATIONAL DIABETES

This can develop during pregnancy and usually goes away once your baby is born. If you are diagnosed, limit your intake of sweet and starchy foods to help maintain blood sugar levels.



## NUTRITION AND LIFESTYLE CHANGES WHEN PREGNANT

1. No smoking or drinking alcohol during pregnancy.
2. Keep hydrated (choose water or milk, instead of sugary drinks.)
3. Maintain a healthy, balanced diet.
4. It is recommended to eat 3 servings of dairy a day (eg: milk, yogurt and cheese.)
5. It is recommended to take a folic acid supplement with 400mg of folic acid per day for the first 12 weeks of your pregnancy. Eating foods high in folic acid (eg: green leafy vegetables, fortified breakfast cereals and milk) is also recommended.



## TOOTH TIPS FROM 0-2 YEARS

### 0 to 2 months

Clean mouth with warm water and a piece of gauze (no teeth present).

### 6 months to 2 years

Clean teeth and gums with a soft brush and warm water. Do not use toothpaste up until the age of 2 years.

Introduce your child to a dentist before their first birthday.

Do not let your child sleep with a bottle in their mouth. A bottle at night should only contain boiled, cooled water (no juice or milk).

A child should be fed and put to bed, not put to bed and fed.

Encourage drinking from a plastic cup as soon as possible.

Preventing tooth decay will help your child's progress and promote good, overall health.

## TEETHING

Symptoms of teething from the age of three months may include:

- Drooling/dribbling more than usual
- Red cheeks
- Swollen and tender gums
- Feeding irritability

### Teething Solutions

- Gently massaging gums with a clean finger
- Give baby something to chew on (eg: cool teething ring)
- Ask your public health nurse for advice
- Milk or cooled water may also help

If general symptoms persist, contact your doctor.

Excessive dribbling can irritate your baby's chin, neck and chest, which can become dry, chapped and sore. Try to keep the skin as dry as possible by changing wet clothing. Apply a simple barrier cream to keep the skin soft and smooth.



## Healthy Habits for a Lasting Smile :)

- ✓ Brush twice daily for two minutes with a fluoride toothpaste.
- ✓ Use a soft brush with a small head.
- ✓ After brushing, Spit out don't rinse out.
- ✓ Eat a healthy diet with plenty of fruit and vegetables, avoid sugary snacks.
- ✓ Visit your dentist at least once a year.
- ✓ Wear a mouthguard while playing sports.



## Look after that Smile

For more helpful tips and advice on looking after your oral/dental health and your general health Sign Up to receive our E-Zine!  
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