

## Remember

Use a family fluoride toothpaste (1450 parts per million) or as prescribed by your Dental Professional.

Brush your teeth for 2 minutes, last thing at night and one other time during the day.

Reduce the amount of sugary foods and drinks during the day and keep them to mealtimes only if possible.

Visit your dentist regularly or as advised.

Spit out your toothpaste after toothbrushing, don't rinse out.

Local Pharmacy - Your local pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

A list of local dental practitioners is available from:

**Healthy Living**  
Ground Floor, Lincoln House  
College Street  
St.Helens  
WA10 1UQ

We are open: Monday - Friday, 9:00am - 5:00pm

📞 0300 300 0103

🌐 [www.healthysthelens.co.uk/teeth](http://www.healthysthelens.co.uk/teeth)

🐦 @HealthySTH

✉ [hit@sthelens.gov.uk](mailto:hit@sthelens.gov.uk)



## Oral Health Care in Pregnancy



## Look after your teeth and gums during pregnancy

It is important to brush your teeth and gums twice a day to remove the plaque.

Many women find that their gums bleed more when they are pregnant due to hormonal changes. This should stop soon after your baby is born.

Even if your gums bleed, do not stop brushing. Seek advice from your Dental Professional if concerned.

Use a small headed soft/medium toothbrush with a pea sized amount of family fluoride toothpaste (1450 parts per million) or as prescribed by your Dental Professional.

Carefully brush each tooth surface and gums as advised by your own Dental Professional

Spit out the toothpaste. Do not rinse, as the fluoride will help to protect your teeth for longer.

## Healthy eating during pregnancy

Aim to have at least five portions of fruit and vegetables a day.

Keep sugary foods and drinks to mealtimes to help reduce the risk of tooth decay.

Try and drink plenty of plain water during the day.

**The eat-well guide can help you get the balance right.**

## Other useful information

If you suffer with sickness during pregnancy you should wait about half an hour before brushing your teeth.

The acids in vomit can cause damage to your teeth and brushing straightaway can damage your teeth.

It is advisable not to smoke or drink alcohol during pregnancy for the health of your baby and yourself.

Smoking and alcohol can increase the risk of developing mouth cancer.

For help or advice speak to your midwife or visit: [www.nhs.uk](http://www.nhs.uk)

## Visiting the dentist

NHS dental treatment is free during pregnancy and until your baby is one year old.

The relevant box will need to be ticked on the FP17 form at the dentist.

Your dentist will recommend how often you need to be seen.

If you need to find an NHS dentist contact your local dental helpline, or visit: [www.nhs.uk](http://www.nhs.uk) - 'services near you'.

