

Healthy Mouth, Healthy Pregnancy

Pregnancy hormones can increase your risk of gum disease. Signs include sore, puffy, red, or bleeding gums. Severe gum disease has been linked to babies being born earlier and smaller than they should.

You may also be at higher risk of tooth decay if your diet changes (for example, you crave sugary foods), if you experience morning sickness (vomiting) or if nausea makes it difficult to brush your teeth.

Caring for your teeth and gums when you are pregnant helps to keep both you and your baby healthy.



Keeping your teeth and mouth healthy during pregnancy

Eat well



Too much sugar can lead to tooth decay. Try to limit foods that have added sugars.

Your growing baby needs calcium. Try to eat foods such as cheese and yoghurt or non-dairy alternatives with added calcium.

Drink well



Fluoridated tap water is the best drink for oral health.

Fluoride is a natural mineral that helps protect against tooth decay. Most of Victoria's tap water contains added fluoride.



Plain milk and alternatives with added calcium are also good choices.

Stay well



Dental check-ups and treatment are safe during pregnancy. Tell your dentist you are pregnant.

Public dental services

Eligible pregnant people are not placed on the general waiting list and are offered the next available appointment.

Scan to see if you are eligible



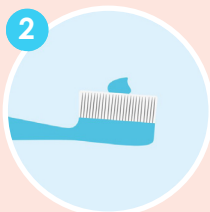
Avoid smoking, vaping and drinking alcohol.



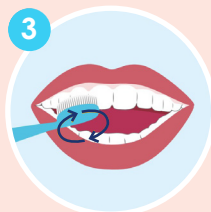
Clean well



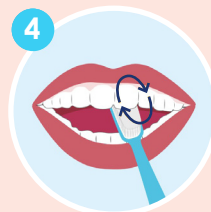
Brush in the morning and at night before going to bed.



Use a pea-sized amount of fluoride toothpaste on a soft toothbrush.



Brush teeth and along the gum, moving in gentle circles.



Repeat on the inside surfaces.



Use a light back and forth motion on the chewing surfaces.



This helps to keep fluoride on your teeth for longer, protecting against tooth decay.



Clean between teeth daily, for example with dental floss and/or interdental brushes.



After **vomiting** or **reflux**, immediately rinse with water to wash stomach acid off teeth. Wait at least 1 hour before brushing teeth. This gives time for the tooth surface to become strong again.

For more information, visit www.dhsv.org.au

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