

Maternity



Increased hormone levels and changing eating habits can leave your mouth more at risk to dental problems from bacteria and plaque.



Taking care of your oral health during pregnancy is important for both you and your baby.



Making healthy choices can positively affect your baby's development including their teeth.



Dental Health
Foundation
Ireland

Pregnancy may make you prone to gum disease and dental decay. Oral health is an essential part of prenatal care as poor oral health can lead to poor health outcomes for both mother and baby.

Tooth Tips

- Hormonal changes may make your gums prone to plaque/bacteria and more likely to bleed. Brush twice daily for 2-3 minutes with a soft/medium toothbrush using a fluoride toothpaste (1450 ppm) and replace the brush when the bristles are worn. Spit, don't rinse after brushing.
- Floss daily to reduce plaque buildup.
- If you have morning sickness, rinse your mouth out with a teaspoon of baking powder and water afterwards. Your tooth enamel will be softened by your stomach acid so don't brush straight away, wait about an hour.

Diet Tips

- Choose healthy snacks between meals such as whole fruits. Dried fruits are high in sugar.
- Keep hydrated with unflavoured water or milk instead of sugary drinks. Limit fruit juice or fruit smoothies to a small glass daily, with a meal and choose unsweetened.
- Read food labels for sugar content (less than 5g per 100g is considered a low sugar).
- During pregnancy it is recommended to eat five servings of dairy a day.

Things to Consider

- Fizzy drinks can cause a tooth acid attack and tooth wear.
- Avoid smoking and drinking alcohol. It can lead to long term harm to your baby.
- Visit your dentist during pregnancy for advice and a check up to prevent gum disease, tooth decay and minimise tooth wear. Advise your dentist that you are pregnant.