

Healthy Smiles for Two

✓ Keeping your teeth and gums healthy during and after pregnancy is important for you and your baby's health.

✓ Dental care during pregnancy is recommended and safe.



Did you know?

Your baby will have less chance of developing tooth decay if your mouth is healthy.

Why?

Once your baby is born, decay causing germs can be passed from you to your baby.

How can you keep your mouth healthy?

Clean Well



- Brush your teeth and gums, morning and night.
- Use a small, soft toothbrush and fluoride toothpaste.
- Spit out the paste, but don't rinse.
- Encourage your partner to brush too!

Eat Well

Eat a wide variety of foods:

- Plenty of vegetables.
- Fruit.
- Milk, yoghurt and cheese.
- Whole grain cereals, pasta and bread.
- Lean meats and chicken, fish, eggs, tofu, nuts and seeds.



Snack smarter!

If you are craving sugary and acidic foods it is best to eat them with a meal.

Drink Well



- Drink plenty of fluoridated tap water.
- Drink plain milk instead of flavoured milk.
- Limit sweet and acidic drinks such as juices, cordials, soft drinks and flavoured mineral waters.

Stay Well

Feeling sick? If you vomit:

- Don't brush your teeth for at least 30 minutes.
- Rinse your mouth out with tap water.
- Rub fluoride toothpaste onto your teeth with your finger, to freshen your mouth and strengthen your teeth.
- If you gag when brushing, try later in the day.



Bleeding gums?

- Puffy, red or bleeding gums can be a sign of gum disease. Talk to your dentist or midwife.
- It is important to continue gentle and thorough brushing even if your gums bleed.



Smoking can harm you, your baby and your teeth and gums. Thinking about quitting?

Call Quitline 137848 or go to www.quittas.com.au

Pregnant and interested in dental care?

You can have a priority dental appointment with Oral Health Services Tasmania if you:

- Live in Tasmania's North West AND
- Have a current Health Care Card or Pensioner Concession Card OR
- Are under 18 years of age.

If you are eligible, your midwife will refer you to Oral Health Services Tasmania who will contact you to make an appointment.

Do I have to pay?

- If you are under 18 dental care is FREE.
- Otherwise there is a cost of \$44 per appointment. Payment options can be arranged.

Pregnant adults who do NOT have a concession card are encouraged to visit a private dentist.



Remember!

Looking after my teeth is important too!

Call 1300 011 013
when I turn one year to make a
FREE dental appointment!

Healthy Mouth  **Healthy Body**

Is this leaflet clear and easy to understand?
Let our staff know if you have any suggestions to make it better.

