

# KEEPING TEETH AND GUMS HEALTHY DURING PREGNANCY



## Nausea, vomiting and oral health do's and don'ts

Frequent vomiting can weaken teeth, wear them away and even cause tooth decay.

The following tips can help protect your teeth:

- ✗ Don't brush the teeth straight after vomiting, this can speed up tooth wear.
- ✗ Avoid frequent snacking on foods with added sugar.
- ✗ Avoid drinking acidic drinks, such as juice, soft drink, energy drinks or sports drinks. These drinks can cause tooth decay and tooth wear.
- ✓ Do one of the following to help neutralize acids after vomiting:
  - › Rinse mouth with fluoride mouth rinse
  - › Rinse mouth with water and smear a small amount of fluoride toothpaste on teeth
  - › Chew sugar free gum
- ✓ Brush twice daily with fluoride toothpaste.
- ✓ If nauseous, try healthy plain foods like plain crackers, dry toast or cereal.
- ✓ Try dairy-based snacks such as cheese or milk to help neutralise acids and protect against tooth decay.

Did you know if you have good oral health, your baby is likely to have good oral health too?



- A healthy mouth during pregnancy is important for both mums and babies.
- Gum disease during pregnancy can increase the risk of premature birth and low birth weight.
- Dental treatment during pregnancy is safe but remember to tell your dental practitioner you are pregnant.

## Tips for good oral health during pregnancy:

- Brush teeth twice a day with a small, soft toothbrush and fluoride toothpaste. For sensitive gums use an extra-soft tooth brush.
- Floss daily between the teeth and down to the gumline.
- If gums bleed, keep gently cleaning them using small circles.
- Smoking causes gum disease. The best thing for your oral health and baby's health is to quit smoking. Queensland Health can support you to QUIT.
- Make an appointment for a dental check-up. Dental problems should be treated before your baby is born.

Did you know calcium in your diet is important while you are pregnant and breastfeeding? It helps build the teeth and bones of your developing baby.



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Find out more by visiting our website  
[www.health.qld.gov.au/oralhealth](http://www.health.qld.gov.au/oralhealth)