Oxfordshire Community Dental Service

Oral health in pregnancy

OH 038.25

Pregnancy and oral health

Hormonal changes during pregnancy can make your gums more vulnerable to plaque, leading to inflammation and bleeding.

Bleeding gums

Some women get swollen and sore gums, which may bleed. Bleeding gums are caused by a build-up of plaque on the teeth.

It is very important to keep up with your oral health care routine.

Morning sickness

If you have morning sickness and you vomit, rinse your mouth afterwards with plain water.

This will help prevent the acid in your vomit attacking your teeth.

Do not brush your teeth straight away as they will be softened by the acid from your stomach.

Wait about an hour before doing so.

Keeping your teeth healthy

☑ Brush your teeth twice a day, once before bed and at one other time.

☑ Brush for 2 minutes using a family fluoride toothpaste. Spit don't rinse.

☑ Use 1350ppm-1500ppm fluoride toothpaste.

☑ Use dental floss and interdental brushes (which clean in between your teeth).

☑ Visit your dentist regularly, as often as recommended. Pregnant women can visit an NHS dentist for FREE.

Food and drink for healthy teeth

☑ Drinks without sugar like milk or water help protect your teeth.

☑ Savoury foods like vegetables, nuts and cheese are good for your teeth.

☑ Reduce how often you have sugary foods/drinks. Try to keep them to mealtimes only.

Use this **QR code** to find all Oxfordshire Community Dental Service leaflets. You can also access them in an accessible format.

Accessibility

An accessible version of this leaflet can be found on our website: www.oxfordhealth.nhs.uk/cds

If you need the information in another language or format, please contact us.

Get in touch

Address   Oxford Health NHS Foundation Trust
               Oxfordshire Community Dental Service
               Trust Headquarters
               Littlemore Mental Health Centre
               Sandford Road, Oxford OX4 4XN

Phone   01865 904040
Email   Oral.Health@oxfordhealth.nhs.uk
Website   www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone   0800 328 7971
Email   PALS@oxfordhealth.nhs.uk