

Keep your smile healthy in pregnancy

Choose healthy **sugar-free**
snacks and drinks

Brush teeth twice a day with a
fluoride toothpaste, especially
last thing before bed

After brushing, **spit out**
toothpaste but don't rinse



If your oral hygiene is not good,
pregnancy may cause your gums
to become swollen and bleed
when brushed

If you have morning sickness, rinse
your mouth out with water, but do
not brush your teeth straight away

NHS dental treatment is free for
you during pregnancy and until
your child is one year old

**Ask your midwife how to find a
dentist**



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