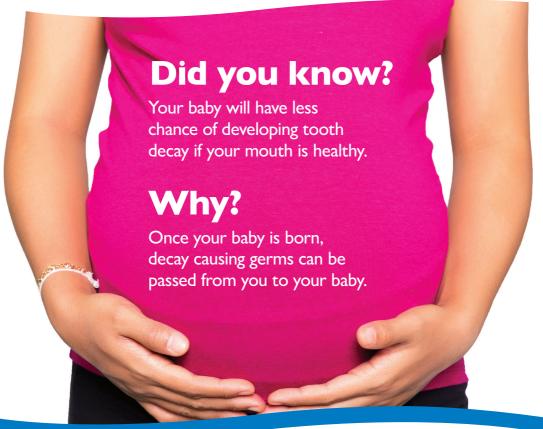
Healthy Smiles for Two



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.



How can you keep your mouth healthy?





- · 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:

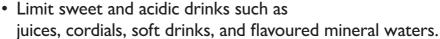
- Plenty of vegetables.
- Fruit.
- Milk, yoghurt, and cheese.
- Whole grain cereals, pasta, and bread.
- Lean meats and chicken, fish, eggs, tofu, nuts, and seeds.

Snack smarter!

- If you are craving sugary and acidic foods it is best to eat them with a meal.
- Try a piece of fruit or vegetable if you want something sweet!

Drink well

- Drink plenty of fluoridated tap water.
- Drink plain milk instead of flavoured milk.





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 a little fluoride toothpaste onto your teeth with your 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 137 848 or go to www.quittas.com.au



Pregnant and interested in dental care?

- You can have a priority appointment with Oral Health Services Tasmania if you:
- Have a current Health Care Card or Pensioner Concession Card.
- OR are under 18 years of age.

If you are eligible for a priority dental appointment:

- Your midwife or GP will refer you to Oral Health Services Tasmania and they will contact you to make an appointment.
- Or you can call 1300 011 013 and tell staff that you are pregnant and would like a priority appointment.

Do I have to pay?

- There is a co-payment of \$45 per appointment.
- If you are under 18 dental care is bulk-billed.

Pregnant adult women who do NOT have a concession card will be encouraged to visit a private dentist.



Remember!

Looking after my teeth is important too!

Call 1300 011 013

when I turn one to make a **FREE** dental appointment for me!