

# 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.
- 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.
- 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 a little 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?

- 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](http://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!