

Book a Dental Check Up

The hormonal changes that happen when you are pregnant have a big impact on your body. Although the effects on your teeth and gums might not be the most obvious, they can still be important. You are more likely to develop problems such as swollen or infected gums while you are pregnant. If you do develop an infection, there is a risk that it could spread and affect your unborn baby.

It's important to keep looking after your teeth when you are pregnant:

- Brush twice a day using a fluoride toothpaste
- If you use mouthwash, it's best to choose an alcohol-free brand
- Rinse your mouth if you vomit due to morning sickness as stomach acids can damage your teeth
- Try to avoid eating too much sugar
- Continue with any dental treatment that you've already started

You should book a dental check up to ensure that there aren't any issues that could affect you or your baby during pregnancy. You may also want to have your teeth cleaned by a dental hygienist.

- Make sure that you tell the dentist you are pregnant so that you can get the right medication if you need treatment
- If you're visiting an NHS dentist, remember that you are eligible for free care while you are pregnant and for the following year

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