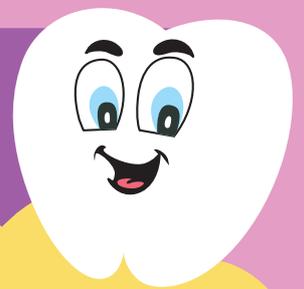


TOOTH TIPS

FOR MUMS-TO-BE



CLEAN WELL

- Brush 2x a day, morning AND last thing at night, using fluoride toothpaste
- Brush all tooth surfaces—outside, top and inside
- Use a soft bristled toothbrush
- Just spit—don't rinse!
- Floss your teeth once a day before bed time

FLUORIDE

Makes teeth stronger and fixes early stages of decay



Brush for healthy teeth and gums

EAT WELL

- Eat nutritious food every day, for example vegetables, fruit, grains, legumes and lean meats
- Eat foods high in calcium, such as dairy or soy products e.g. low fat milk, yoghurt and cheese
- It's best to avoid eating sugary foods or drinks, but if you do, eat only occasionally and at main mealtimes with other tooth-friendly foods



Choose water or milk

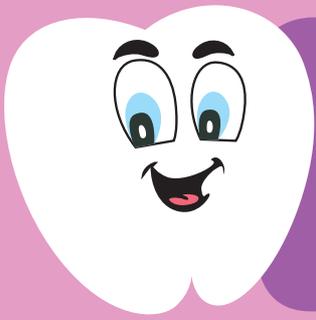
DRINK WELL

- Choose water or low-fat plain milk (green, light-blue or yellow top)
- Limit your intake of sugary and acidic drinks e.g. soft drinks (including diet varieties), sports/energy drinks, juice and flavoured milk.



Tap water and plain milk are recommended

Visit your dentist before and during your pregnancy



TOOTH TIPS

FOR MUMS-TO-BE

YOUR TEETH AND GUMS

Pregnancy hormones cause changes in the mouth that may result in gum disease. Gum disease occurs when the gums become inflamed, normally caused by a build-up of plaque (bacteria).

Common signs of gum disease include:

- Bleeding gums
- Red gums (instead of pink)
- Swollen gums
- Bad breath



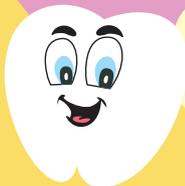
Continuing to brush your teeth is important if you think you have gum disease - talk to your dentist for advice and treatment options. Advanced gum disease may result in a premature and/or low birth weight baby.

Keep brushing two times a day

DENTAL CHECK-UP

- It is safe to have dental care when you are pregnant
- Be sure to have a dental check-up before and during your pregnancy

PROTECT YOUR BABY



Breastfeed to prevent dental decay

MORNING SICKNESS

- Try small, frequent meals
- Include a wide variety of nutritious foods throughout the day
- Avoid brushing your teeth straight after vomiting to prevent damage to the surface of your teeth
- To neutralise acid, add 1 teaspoon of baking soda to a cup of water and use as a rinse after vomiting