

Caring for your oral health— at home and with the Bite Dental Team

- Brush your teeth regularly (twice a day) for a reasonable amount of time. A quick 30 second brush won't be enough to remove the plaque. We recommend around two minutes which seems like a long time.
- Floss your teeth at least once a day.
- Watch the amount of sugary foods you are eating. The bacteria in your mouth release damaging acids in the presence of sugary foods.
- Saliva is the best protection for your teeth! Drink lots of water and keep your mouth hydrated. Sugar free chewing gum and mints help to increase saliva flow.
- After an episode of morning sickness or acid reflux, do not brush your teeth straight away. The acid softens the outer-layer of your teeth and you'll only be doing more harm than good. Instead, rinse with water or even better- bicarb soda. Wait 30 minutes before brushing so your teeth can strengthen up again.

Your pregnancy and your oral health is important to us. That's why, at Bite Dental, we recommend that you visit your dentist as soon as you find out that you are pregnant or if you are planning on having a baby. This will ensure to prevent unwanted dental emergencies during your pregnancy, equip you with all the information you need to manage your oral health during and after your pregnancy, and help with the health of your baby.

If you are in this situation we're here to help. We want to make sure you have the best chance at keeping healthy. If you have any questions please call the studio.



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Pregnancy and your oral health



Pregnancy is a time to look after yourself...and also your teeth and gums.

New mums-to-be should know what to expect when it comes to dental health.

I'm pregnant, is it safe to visit a dentist?

- > It is highly recommended that you visit a dentist during the time of your pregnancy. Keeping your mouth healthy before and during your pregnancy is beneficial for you and your baby's wellbeing. The state of your oral health will likely to be reflected in your baby's health too.
- > Routine dental treatment is safe; however some procedures and medicaments should be avoided in the first trimester. Be sure to tell your dentist that you are pregnant so that the team at Bite Dental can better assist in your oral health care.

How does my oral health affect my baby?

- > Women with periodontal disease (or gum disease) are at a higher risk of low birth weight and premature babies.

- > Women who are pregnant with tooth decay or a history of lots of decay are likely to pass on the decay-causing bacteria to their children causing them to get holes in their teeth. Therefore, it is essential if you are pregnant—or thinking of having a baby—to make sure your mouth is healthy to give your baby the best start to the world.

How does pregnancy affect my teeth?

- > For some, morning sickness, vomiting, acid reflux and /or sweet cravings are symptoms during pregnancy that simply can't be avoided. It's worth noting that the effects of these symptoms are more damaging than you would think.
 - Tooth erosion occurs when strong acids dissolve away the outer enamel—leaving no protection for your tooth. When there's sugar involved in your diet along with a weakened tooth, decay or holes are more likely to occur.
 - It doesn't have to be like this because at Bite Dental Studios we can help you look after your teeth and prevent early tooth erosion and tooth decay.



- > During pregnancy, hormonal changes may trigger many physical changes in your oral health. Your body becomes very sensitive to bacteria and plaque and the result is an exaggerated response. This includes pregnancy gingivitis and pregnancy epulis.
 - Pregnancy gingivitis—this is a form of periodontal or gum disease where the gums are swollen and inflamed. You may notice increased bleeding when brushing and flossing. Give us a call so we can help out.
 - Pregnancy epulis—this is a benign (harmless) lesion that grows on the gums. It bleeds easily if touched but generally not painful. Some women prefer to have these removed for aesthetic reasons but in time it will resolve and then disappear after childbirth. Consult with your dentist first for treatment options.

