
Dental care in pregnancy

During pregnancy and after birth it's important to have regular dental check-ups. Hormonal changes in pregnancy may cause bleeding gums.

It is important to keep a good level of dental hygiene to prevent tooth decay and gum disease. It is recommended that you brush twice a day with fluoride toothpaste (this is safe to use in pregnancy). After consuming sugary products, use a mouthwash containing fluoride (0.05%) or brush your teeth. Drinking water after eating sugary foods can also be of benefit to preventing dental decay.



NHS dental care is **free for pregnant women** and for one year after the birth of your baby. It is recommended that all pregnant women see their dentist during pregnancy.

It is especially important to see your dentist if you have persistent sore or bleeding gums.

Eye care in pregnancy

During pregnancy you may experience slight changes in your vision and/or dry eyes. Eye tests are recommended every two years and are **free when you are pregnant**. Contact your local optician to book an appointment.

Your GP can provide you with a signed form for a maternity exemption certificate. This will entitle you to free NHS prescriptions up to one year after the birth of your baby, and free NHS dental care.
