

YOUR ORAL HEALTH DURING PREGNANCY

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Will my oral health be affected by my pregnancy?

Around 50% of all pregnant women experience dental problems at some point during their pregnancy. The most common condition is pregnancy gingivitis (gum disease resulting from pregnancy).

Changing hormone levels can make your gums more susceptible to plaque attack. Gingivitis causes the gums to become red and swollen and also bleed easily and they may also become sore.



How can I prevent oral health problems?

The best way to avoid or alleviate the gum problems associated with pregnancy is to practice good oral hygiene.

Brush your teeth thoroughly twice a day for at least two minutes. Use a total care toothpaste, which will help keep gums healthy and contains fluoride to protect against decay.

Use floss or interdental brushes at least once a day to clean in-between your teeth and remove plaque, in particular from around the gum margin.

Rinse your mouth after brushing with a fluoride mouthrinse, to reach the areas that may be missed by brushing.



How can I treat gum problems if they occur?

If irritation persists your dentist may recommend treatment using a chlorhexidine digluconate based mouthrinse, such as **CORSODYL** Mint Mouthwash.

CORSODYL mouthwashes contain an antibacterial ingredient that attacks and kills the plaque bacteria that are causing your gum irritation. In addition, **CORSODYL** forms a coating on your teeth, which lasts for up to 12 hours to prevent new plaque forming on your teeth and causing further irritation. Ask your dentist or hygienist for further information on treating your gum problems.



Always read the label
Contains chlorhexidine digluconate

Medicines can affect the unborn baby. Always talk to your doctor or pharmacist before taking any medicine during pregnancy.



When should I visit my dentist during pregnancy?

It is important that you continue to visit your dentist during pregnancy. Hormonal changes may mean that your dental health requires closer attention. Your dentist will be able to advise you on any concerns that you may have.

Sensitive teeth and pregnancy

Gingivitis and receding gums can cause the neck of your tooth to become exposed, an area which is sensitive to hot and cold. If you find that you feel pain when eating or drinking hot or cold food and drinks then you may be suffering from sensitive teeth. Ask your dentist or hygienist for advice on treating the condition.

Twice daily brushing with a sensitive toothpaste can help stop the pain of sensitive teeth. Ask your dentist or hygienist for advice.

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Will I receive free dental treatment?

If you are registered as an NHS patient and have a current maternity exemption certificate then you are entitled to free routine dental treatment until your child's first birthday.

Make sure that you inform your dentist that you are pregnant before any treatment begins. Dentists generally prefer to avoid dental x-rays during pregnancy where possible.

Five questions to ask your dentist about your oral hygiene during pregnancy

1. Will my oral health be affected by my pregnancy?
2. Why do these potential oral health concerns occur?
3. How can I prevent oral health problems?
4. Is it safe to have dental treatment while I am pregnant?
5. Is it important that I visit my dentist during my pregnancy?



Ask your dentist or hygienist about your oral health during pregnancy