

Please enable JavaScript in order to get the best experience when using this site.

- [Site Navigation](#)
- [Page Content](#)

[Menu](#)

State Government Victoria [Better Health Channel Logo](#)

[Caret](#)



•

## [Health.vic](#)

[Victoria's hub for health services and business](#)



•

## [DHHS](#)

[A gateway to the strategies, policies, programs and services delivered by the Department of Health & Human Services.](#)



•

## [Seniors Online](#)

[Victorian government portal for older people, with information about government and community services and programs.](#)

[Show search toolbar](#)

[Contrast](#) [Sign Up](#) [Login](#)

Search




Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

## Navigation

[Home](#) [Close Menu](#)

- - [Conversation-Going-travelling](#)
- [Conditions and treatments](#)
  - [Conditions and treatments](#)
    - [Allergies](#)
      - [Allergies](#)
        - [Allergic reaction to packaged food](#)
    - [Anxiety](#)
    - [Arthritis](#)
    - [Asthma](#)
    - [Behavioural conditions](#)
    - [Birth defects](#)
    - [Blood and blood vessels](#)
    - [Bones muscles and joints](#)
      - [Bones muscles and joints](#)
        - [Foot care - podiatrists](#)
    - [Brain and nerves](#)
    - [Cancer](#)
    - [Complementary and alternative care](#)
    - [Dementia](#)
  - [Healthy living](#)
    - [Healthy living](#)
      - [Alcohol](#)
      - [Babies and toddlers \(0-3\)](#)
      - [Children \(4-12\)](#)
      - [Drugs and addictive behaviours](#)

- [Environmental health](#)
- [Family Violence](#)
- [Older people in hospital – Get well soon](#)
- [Health checks](#)
- [Healthy Eating](#)
  - [Nutrition for life](#)
- [Healthy mind](#)
- [Healthy pregnancy](#)
- [Immunisation](#)
- [Services and support](#)
  - [Services and support](#)
  - [Aged care services](#)
  - [Alcohol and drug services](#)
  - [LGBTI support](#)
  - [Carers, caring and respite care services](#)
  - [Child, family and relationship services](#)
  - [Disability services](#)
  - [Emergency, crisis and support services](#)
  - [End of life and palliative care services](#)
  - [Hospitals, surgery and procedures](#)
  - [Mental health services](#)
  - [Planning and coordinating healthcare](#)
  - [Pregnancy and birth services](#)
- [A-Z](#)
  - [A-Z](#)
  - [Conditions and treatments](#)
  - [Healthy living](#)
  - [Services and support](#)
  - [Videos](#)
  - [Service profiles](#)
- [Blog](#)
  - [Blog](#)
  - [Blog authors](#)
  - [Topics](#)
- [Podcast](#)
  - [Podcast](#)
  - [Influenza - Dr Brett Sutton & Prof Kanta Subbarao](#)
  - [Trauma - Anne Leadbeater OAM & Dr Rob Gordon](#)
  - [template](#)
- [Other sites](#)
  -  [Health.vic](#)  [DHHS](#)  [Seniors Online](#)
- [Sitemap](#)
- [My Health Life](#)
- [Facebook](#)
- [Googleplus](#)
- [Twitter](#)
- [Youtube](#)
- [Rss](#)
- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- [A-Z](#)
- [Blog](#)
- [Podcast](#)



[Back to Healthy pregnancy](#)

- [Home](#)
- [Healthy living](#)
- [Healthy pregnancy](#)
- [Pregnancy and teeth](#)

## Pregnancy and teeth

- [Share \(show more\)](#)
- [Download PDF](#)
- [Listen \(show more\)](#)
- [Listen](#)
- [More \(show more\)](#)
  - [Email](#)
  - [Print](#)

Tags:

- [Healthy pregnancy](#)
- [Healthy pregnancy - Keeping healthy during pregnancy](#)

## Summary

- The demands of pregnancy can lead to particular dental problems in some women.
- You are less likely to have dental problems during pregnancy if you already have good oral hygiene habits.
- With proper dental hygiene at home and professional help from your dentist, your teeth should stay healthy during pregnancy.

Pregnancy can lead to dental problems in some women, including gum disease and increased risk of tooth decay. During pregnancy, your increased hormones can affect your body's response to plaque (the layer of germs on your teeth).

Pregnancy does not automatically damage your teeth. The old wives' tale that warns a woman to expect a lost tooth for every baby is false. If the mother's intake of calcium is inadequate during pregnancy, her bones – not her teeth – will provide the calcium her growing baby needs. This calcium loss is quickly made up after breastfeeding is stopped.

However, the demands of pregnancy can lead to particular dental problems in some women. With proper hygiene at home and professional help from your dentist, your teeth should remain healthy throughout pregnancy.

## Dental disease can affect a developing baby

Research has found a link between gum disease in pregnant women and premature birth with low birth weight. Babies who are born prematurely may risk a range of health conditions including cerebral palsy and problems with eyesight and hearing.

Estimates suggest that up to 18 out of every 100 premature births may be triggered by periodontal disease, which is a chronic infection of the gums. Appropriate dental treatment for the expectant mother may reduce the risk of premature birth.

## Pre-pregnancy dental health

You are less likely to have dental problems during pregnancy if you already have good oral hygiene habits. Suggestions include:

- Brush your teeth at least twice daily with fluoridated toothpaste.
- Floss between your teeth.
- Visit your dentist regularly.

If you are planning on getting pregnant, but you are also planning on having some elective dental procedures, see your dentist. It is more convenient to have elective procedures done before you conceive. If you require dental treatment during pregnancy, non-urgent procedures are often performed after the first trimester.

## Tell your dentist if you are pregnant

Pregnancy may affect your dental care. For example, the dentist may put off taking x-rays until after the birth of your baby. If dental x-rays are unavoidable, the dentist can take precautions to ensure your baby's safety. If your dental condition requires general anaesthesia or medications, talk to your dentist, doctor or obstetrician for advice.

## Causes of dental health problems

Common causes of dental health problems during pregnancy can include:

- gum problems
- vomiting
- cravings for sugary foods
- retching while brushing teeth.

## Gum problems

The hormones associated with pregnancy can make some women susceptible to gum problems including:

- gingivitis (gum inflammation) – this is more likely to occur during the second trimester. Symptoms include swelling of the gums and bleeding, particularly during brushing and when flossing between teeth
- undiagnosed or untreated periodontal disease – pregnancy may worsen this chronic gum infection, which is caused by untreated gingivitis and can lead to tooth loss
- pregnancy epulis or pyogenic granuloma – a localised enlargement of the gum, which can bleed easily. This may require additional professional cleaning, and rarely excision.

During pregnancy, the gum problems that occur are not due to increased plaque, but a worse response to plaque as a result of increased hormone levels.

Tell your dentist about any gum problems that you might have. Switch to a softer toothbrush and brush your teeth regularly, at least twice every day. Use toothpaste that contains fluoride (if you're not already doing so) to help strengthen your teeth against decay.

If you have gum problems during pregnancy, it is important to get your gums checked by a dentist after you have given birth. While most types of gum problems caused by pregnancy hormones resolve after birth, a small number of women may have developed a deeper level of gum disease that will need treatment to resolve.

### **Vomiting can damage teeth**

Pregnancy hormones soften the ring of muscle that keeps food inside the stomach. Gastric reflux (regurgitating food or drink) or the vomiting associated with morning sickness can coat your teeth with strong stomach acids. Repeated reflux and vomiting can damage tooth enamel and increase the risk of decay.

Suggestions include:

- Avoid brushing your teeth immediately after vomiting. While the teeth are covered in stomach acids, the vigorous action of the toothbrush may scratch the tooth enamel.
- Rinse your mouth thoroughly with plain tap water.
- Follow up with a fluoridated mouthwash.
- If you don't have a fluoridated mouthwash, put a dab of fluoridated toothpaste on your finger and smear it over your teeth. Rinse thoroughly with water.
- Brush your teeth at least an hour after vomiting.

### **Retching while brushing teeth**

Some pregnant women find that brushing their teeth, particularly the molars, provokes retching. However, you risk tooth decay if you don't brush regularly.

Suggestions include:

- Use a brush with a small head, such as a brush made for toddlers.
- Take your time. Slow down your brushing action.
- It may help to close your eyes and concentrate on your breathing.
- Try other distractions, such as listening to music.
- If the taste of the toothpaste seems to provoke your gag reflex, switch to another brand. Alternatively, brush your teeth with water and follow up with a fluoridated mouthwash. Go back to brushing with fluoridated toothpaste as soon as you can.

### **Food cravings while pregnant**

Some women experience unusual food cravings (and food avoidance) while they are pregnant. A regular desire for sugary snacks may increase your risk of tooth decay. Try to snack on low-sugar foods instead.

If nothing but sweetness will satisfy your craving, try to sometimes choose healthier options such as fresh fruits. Rinse your mouth with water or an alcohol-free mouth rinse, or brush your teeth after having sugary snacks.

### **Increase your calcium during pregnancy**

You need to increase your daily amount of calcium during pregnancy. Sufficient calcium will protect your bone mass and meet the nutritional needs of your developing baby.

Good sources of dietary calcium include products such as:

- milk
- cheese
- unsweetened yoghurt
- calcium-fortified soymilk.

### **Increase your vitamin D during pregnancy**

Vitamin D helps the body to utilise calcium. Good sources include:

- cheese
- fortified margarine
- fatty fish, such as salmon
- eggs.

### **Where to get help**

- Your dentist
- [Australian Dental Association](#). Tel (02) 8815 3333
- [Community dental clinic](#) – to find your local community clinic, tel. 1300 360 054 or search by postcode
- The [Royal Dental Hospital of Melbourne](#):
  - General enquiries or appointments Tel. (03) 9341 1000 or 1800 833 039 (outside Melbourne metro) 8.30 am to 5 pm, Monday to Friday
  - Dental emergencies Tel. 1300 360 054, 8.00 am to 8.30 pm, Monday to Friday, 8.30 am to 8.00 pm weekends and public holidays
- Your GP or obstetrician

#### [References](#)

- [Pregnancy](#). Australian Dental Association.
- [Caries concerns in ante- and post-natal care](#). Practice information sheet no. 9, The Colgate Caries Control Program at the University of Adelaide.
- [Oral Health in Pregnancy](#). Special topic no.4, The Colgate Dental Education Program at the University of Adelaide.
- Gürsoy M, Pajukanta R, Sorsa T, Könönen E 2008, '[Clinical changes in periodontium during pregnancy and post-partum](#)', Journal of Clinical Periodontology, US National Library of Medicine, National Institutes of Health.
- Shah M, Muley A, Muley P 2013, '[Effect of nonsurgical periodontal therapy during gestation period on adverse pregnancy outcome: as systematic review](#)', Journal of Maternal-Fetal and Neonatal Medicine, US National Library of Medicine, National Institutes of Health

## [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

### 1/4 How would you rate this website?

- Excellent
- Good
- Average
- Fair
- Poor

[Next](#) [Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

Please note that we cannot answer personal medical queries.

If you are looking for health or medical advice we recommend that you:

- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
- ring NURSE-ON-CALL Tel. 1300 60 60 24.

### 2/4 Your Comments

Tell us who you are

Enter your comments below (optional)

[Next](#) [Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

### 3/4 Questions

What are you here to do?

Did you find what you were looking for?

- Yes
- No

[Next](#) [Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

#### 4/4 Your details

Postcode

Email Address

[Submit Now](#) [Cancel](#)

### [Send us your feedback](#)

Thank you. Your feedback has been successfully sent.

## More information

### Healthy pregnancy

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- [Pregnancy and birth basics](#)
- [Stages of pregnancy](#)
- [Fertility issues and options](#)
- [Keeping healthy during pregnancy](#)
- [Health concerns during pregnancy](#)
- [Preparing for birth](#)
- [Preparing for a newborn](#)

#### Pregnancy and birth basics

- [Childbirth - pain relief options](#)  
[Understanding your pain relief options can help you cope better with the pain of childbirth...](#)
- [Pregnancy – labour](#)  
[Labour is divided into three stages. The first stage is dilation of the cervix from 0 to 10 cm, the second stage is birth of the baby, and the third stage is delivery of the placenta. Labour typically...](#)
- [Pregnancy - premature labour](#)  
[Sometimes, babies arrive early. It's important to recognise premature labour, in case you and your baby need medical care...](#)
- [Contraception after giving birth](#)  
[After having a baby, you need to choose an effective method of contraception if you don't want to have another baby straight away...](#)
- [If you want to get pregnant, timing is everything](#)  
[If you are trying for a baby, to increase your chances of conceiving, it helps to know when you are at your most fertile, and when is the best time to have sex...](#)
- [Pregnancy testing](#)  
[Sometimes, a home pregnancy test may be positive when a woman isn't pregnant...](#)
- [Folate for pregnant women](#)  
[Even women who aren't planning to have a baby should increase their folate intake in case of unplanned pregnancy...](#)
- [Pregnancy - unplanned](#)  
[When a woman does not want to become a parent, her pregnancy options may include abortion or adoption...](#)
- [Contraception - emergency contraception](#)  
[It is best to take emergency contraception as soon as possible, ideally within 24 hours of having unprotected sex, but it still works well within 96 hours \(four days\)...](#)

#### Stages of pregnancy

- [Baby due date](#)  
[Pregnancy is calculated from the first day of your last period, not from the date of conception...](#)
- [Pregnancy - week by week](#)  
[Pregnancy is counted as 40 weeks, starting from the first day of the mother's last menstrual period...](#)
- [Pregnancy - signs and symptoms](#)

[All women experience pregnancy differently, and you will experience different symptoms at different stages of your pregnancy...](#)

- [Planning for labour and birth](#)

[Some of the signs and symptoms of going into labour may include period-like cramps, backache, diarrhoea and contractions...](#)

- [Conceiving a baby](#)

[The odds of a young fertile couple conceiving by having sexual intercourse around the time of ovulation \(the release of the egg from the ovary\) are approximately one in five every month. Around nine...](#)

- [Pregnancy stages and changes](#)

[It's helpful to have an idea of how your body may react to the different stages of pregnancy. It also helps to know how pregnancy may affect your emotions and feelings...](#)

#### **Fertility issues and options**

- [Adoption](#)

[Adoption can give a secure family life to children who can't live with their birth family...](#)

- [Surrogacy](#)

[Surrogacy is a form of assisted reproductive treatment \(ART\) in which a woman carries a child within her uterus on behalf of another person or couple...](#)

- [If you want to get pregnant, timing is everything](#)

[If you are trying for a baby, to increase your chances of conceiving, it helps to know when you are at your most fertile, and when is the best time to have sex...](#)

- [Abortion](#)

[All women should have access to accurate information about abortion so they can make their own informed decisions...](#)

- [Age and fertility](#)

[Age affects the fertility of both men and women, and is the single biggest factor affecting a woman's chance to conceive and have a healthy baby...](#)

- [Infertility in men](#)

[A couple isn't suspected of fertility problems until they have tried and failed to conceive for one year...](#)

- [Infertility in women](#)

[The odds of a young fertile couple conceiving by having sexual intercourse around the time of ovulation are approximately one in five every month...](#)

- [Weight, fertility and pregnancy health](#)

[Compared with women in the healthy weight range, women who are carrying extra weight are less likely to conceive...](#)

#### **Keeping healthy during pregnancy**

- [Pregnancy - morning sickness](#)

[Morning sickness is typically at its worst early in the day but it can strike at any point during the day or night...](#)

- [Postnatal exercise - sample workout](#)

[Make sure your abdominal muscles have healed before you do any vigorous tummy exercises, such as crunches...](#)

- [Healthy eating during pregnancy - tucker talk tips](#)

[Some foods should be avoided during pregnancy as they carry bacteria that could harm your unborn baby...](#)

- [Postnatal exercise](#)

[Always consult with your doctor or midwife before starting any postnatal exercise program...](#)

- [Pregnancy and your mental health](#)

[Finding out you are pregnant can be a very exciting time. But it can also make you feel uncomfortable, unwell, worried and make you wonder how you are going to cope. And it doesn't stop when the baby...](#)

- [Pregnancy and teeth](#)

[It's important to look after your teeth and gums when you're pregnant, as gum disease can affect your baby...](#)

- [Tests, scans and checks - pregnancy and labour](#)

[Tests can confirm your pregnancy and also monitor your baby's development in the womb...](#)

- [Alcohol and pregnancy](#)  
[There's no safe level of alcohol use during pregnancy. It's safest to not drink at all during pregnancy, when trying to conceive, and while breastfeeding...](#)
- [Pregnancy and smoking](#)  
[Smoking while pregnant exposes a woman and her unborn child to an increased risk of health problems...](#)
- [Immunisation and pregnancy](#)  
[Immunisation can protect a woman and her unborn baby against many infectious diseases...](#)
- [Folate for pregnant women](#)  
[Even women who aren't planning to have a baby should increase their folate intake in case of unplanned pregnancy...](#)
- [Pregnancy and exercise](#)  
[Unless you have complications, you should be able to exercise throughout your pregnancy...](#)
- [Pelvic floor](#)  
[Pelvic floor exercises are designed to improve muscle tone and prevent the need for corrective surgery...](#)
- [Pregnancy and diet](#)  
[Good nutrition during pregnancy can help to keep you and your developing baby healthy...](#)
- [Pregnancy and travel](#)  
[Travelling to developing nations is not encouraged during pregnancy, due to the risk of disease and the standard of medical facilities...](#)

#### **Health concerns during pregnancy**

- [Miscarriage and Stillbirth - Coming to terms \(video\)](#)
- [Newborn bloodspot screening \(video\)](#)  
[Every newborn baby in Australia is offered a newborn bloodspot screening test to identify those at risk for rare, but serious, medical conditions including PKU, hypothyroidism and cystic fibrosis...](#)
- [Placenta previa](#)  
[Placenta previa means the placenta has implanted at the bottom of the uterus, over the cervix or close by...](#)
- [Placental abruption](#)  
[Placental abruption means the placenta has detached from the wall of the uterus, starving the baby of oxygen and nutrients...](#)
- [Pregnancy - pre-eclampsia](#)  
[There is no evidence that pre-eclampsia is caused by emotional stress, working too hard or not getting enough rest...](#)
- [Lupus and pregnancy](#)  
[Lupus can be controlled with medications, so the majority of affected women are able to have children...](#)
- [HIV and women – having children](#)  
[Women living with human immunodeficiency virus \(HIV\), or women whose partner is HIV-positive, may wish to have children but feel concerned about the risk of transmission of the virus to themselves \(if...](#)
- [Alcohol and pregnancy](#)  
[There's no safe level of alcohol use during pregnancy. It's safest to not drink at all during pregnancy, when trying to conceive, and while breastfeeding...](#)
- [Pregnancy and smoking](#)  
[Smoking while pregnant exposes a woman and her unborn child to an increased risk of health problems...](#)
- [Pregnancy - obstetric emergencies](#)  
[An obstetric emergency may arise when a woman is pregnant, or during her delivery. In this case, extra care is needed. A woman may need a lot of tests and treatments, and extended hospital stays. She...](#)
- [Postnatal depression \(PND\)](#)  
[Postnatal depression can happen either a few days or weeks after the birth, with a slow or sudden onset...](#)
- [Molar pregnancy](#)  
[Most molar pregnancies are diagnosed when bleeding early in pregnancy prompts an ultrasound scan...](#)



- [Miscarriage](#)  
[A range of feelings is normal after a miscarriage, and they often linger for some time...](#)
- [Fetal alcohol spectrum disorder \(FASD\)](#)  
[The World Health Organization recommends that pregnant women should avoid alcohol...](#)
- [Asthma - pregnancy and breastfeeding](#)  
[Pregnant women with asthma need to continue to take their asthma medication as it is important to the health of both mother and baby that the mother's asthma is well managed...](#)
- [Pregnancy and diet](#)  
[Good nutrition during pregnancy can help to keep you and your developing baby healthy...](#)
- [Birth defects explained](#)  
[The cause of birth defects is often unknown, speak to your GP if you are at increased risk of having a baby with a congenital anomaly...](#)
- [Ectopic pregnancy](#)  
[Ectopic pregnancy is caused by a fertilised egg not being able to move through the fallopian tube...](#)
- [Diabetes - gestational](#)  
[Gestational diabetes is diabetes that occurs during pregnancy and usually disappears when the pregnancy is over...](#)
- [Melissa's story \(video\)](#)  
[Melissa shares her story of how her baby caught chickenpox at 5 weeks old...](#)

#### **Preparing for birth**

- [Pregnancy - care choices](#)  
[It's very important for you and your baby to be looked after from the start of your pregnancy until after the birth of your baby...](#)
- [Pregnancy – labour](#)  
[Labour is divided into three stages. The first stage is dilation of the cervix from 0 to 10 cm, the second stage is birth of the baby, and the third stage is delivery of the placenta. Labour typically...](#)
- [Pregnancy - premature labour](#)  
[Sometimes, babies arrive early. It's important to recognise premature labour, in case you and your baby need medical care...](#)
- [Pregnancy - packing for hospital](#)  
[Packing for hospital is an exciting part of preparing for the birth of your baby...](#)
- [Planning for labour and birth](#)  
[Some of the signs and symptoms of going into labour may include period-like cramps, backache, diarrhoea and contractions...](#)
- [Twins - identical and fraternal](#)  
[Multiple births are more common due to the advancing average age of mothers and the rise in assisted reproductive techniques...](#)

#### **Preparing for a newborn**

- [Breastfeeding - the first days](#)  
[Let your baby feed as much as they want in the first few days to help establish good breastfeeding patterns...](#)
- [Breastfeeding - when to start](#)  
[Breastfeeding within the first hour after birth allows your baby to behave instinctively and breastfeed with little intervention...](#)
- [Alcohol and pregnancy](#)  
[There's no safe level of alcohol use during pregnancy. It's safest to not drink at all during pregnancy, when trying to conceive, and while breastfeeding...](#)
- [Vitamin K and newborn babies](#)  
[With low levels of vitamin K, some babies can have severe bleeding into the brain, causing significant brain damage...](#)
- [Postnatal depression \(PND\)](#)  
[Postnatal depression can happen either a few days or weeks after the birth, with a slow or sudden onset...](#)

- [Baby furniture - safety tips](#)

[Even if your baby furniture meets every safety standard and recommendation, your child still needs close supervision...](#)

- [Newborn bloodspot screening](#)

[Every newborn baby in Australia is offered a newborn bloodspot screening test to identify those at risk of rare, but serious, medical conditions...](#)

## Related Information

- [Teeth care](#)

Tooth decay can be prevented with a good diet, regular tooth brushing and dental check-ups...

- [Dental erosion](#)

Visit your dentist regularly so tooth erosion is detected early, helping prevent further tooth surface loss...

- [Dentures](#)

It is important to look after your dentures and your gums to keep your mouth healthy...

- [Teeth and drug use](#)

Many drugs, both prescription and illegal, can cause tooth damage...

- [Teeth and medication](#)

Many drugs, both prescription and illegal, can cause tooth damage...

[Home](#)

## Related information on other websites

- [Australian Dental Association, Victorian Branch](#)
- [University of Adelaide, Dental Practice Education Research Unit – Oral health during pregnancy](#)

## Content Partner

This page has been produced in consultation with and approved by: Australian Dental Association Victorian Branch



Last updated: February 2018

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.



## NURSE-ON-CALL

Provides immediate, expert health advice from a registered nurse. Call 1300 60 60 24

[NURSE-ON-CALL](#)

Service Search

Service Search

[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

Find services near you

Service:

Location:

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

[Use my location](#)

## Pregnancy and birth services topics

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- [Pregnancy and birth services explained](#)
- [Planning for a baby](#)
- [Options for pregnancy and birth](#)
- [Tests, scans and appointments](#)
- [Labour and birth](#)
- [Newborn care and early parenting services](#)
- [Unplanned pregnancy and family planning](#)
- [Rights and responsibilities](#)

### Pregnancy and birth services explained

- [Having a baby in Victoria](#)  
[Understanding your childbirth options will give you the best chance of having a rewarding birth experience...](#)
- [Paying for pregnancy, birth and newborn baby care](#)  
[The cost of having a baby in Victoria can vary considerably, depending mostly on whether you use the public or private health system...](#)
- [Pregnancy and birthing services for different language or cultural needs](#)  
[If you are pregnant and have specific cultural or language needs, the first step is to notify your local maternity hospital about your requirements...](#)
- [Records and paperwork for maternal health care and babies](#)  
[When you are having a baby in Victoria, there are various records and other documents that need to be accessed, created or completed...](#)
- [Who's who during pregnancy, birth and newborn care](#)  
[Depending on the model of care you chose for your antenatal and labour care, you might see only a few or all of the healthcare professionals listed below who will take care of you during or shortly...](#)

### Planning for a baby

- [Adoption, surrogacy and fostering](#)  
[When an infant becomes part of your family through adoption, foster care, surrogacy or other arrangements, there are laws and legal agreements that will outline your rights and responsibilities as a...](#)
- [Conceiving a baby](#)  
[The odds of a young fertile couple conceiving by having sexual intercourse around the time of ovulation \(the release of the egg from the ovary\) are approximately one in five every month. Around nine...](#)
- [Foster care, permanent care and adoptive parent support services](#)  
[Provides an overview of the financial and family support services available to foster carers, families providing permanent care and adoptive parents...](#)
- [Pregnancy - medication, drugs and alcohol](#)  
[Most women take a drug of some kind during pregnancy, sometimes without realising the potential for harm...](#)
- [Pregnancy support - fathers, partners and carers](#)  
[Whether you are the baby's father, the pregnant woman's partner or are supporting a single mother-to-be, you have a crucial role in ensuring she gets the pregnancy support she needs...](#)
- [Pregnancy - week by week](#)  
[Pregnancy is counted as 40 weeks, starting from the first day of the mother's last menstrual period...](#)

- [Weight, fertility and pregnancy health](#)

[Compared with women in the healthy weight range, women who are carrying extra weight are less likely to conceive...](#)

## Options for pregnancy and birth

- [GPs, shared care and pregnancy](#)

[Shared care is an arrangement between a hospital \(or other birth setting\) and a local healthcare professional \(usually a GP but sometimes a midwife or obstetrician\) where your pregnancy care is...](#)

- [Homebirth](#)

[Having a baby at home can be an option for pregnant women who are healthy, have a low-risk pregnancy and live close to a hospital in case the birth does not go to plan...](#)

- [Hospital birth](#)

[Victoria's public hospitals provide safe, affordable and high-quality maternity care...](#)

- [Koori Maternity Services](#)

[The Koori Maternity Services program offers flexible, inclusive, culturally appropriate pregnancy and postnatal care to Aboriginal and Torres Strait Islander women in Victoria...](#)

- [Midwives](#)

[Midwives are specially trained to care for women during pregnancy, labour and just after birth...](#)

- [Obstetricians](#)

[An obstetrician is a medical doctor who is specially trained to look after mothers and babies during pregnancy, labour and straight after birth...](#)

- [Pregnancy and birth care options](#)

[Pregnant women in Victoria can choose who will care for them during their pregnancy, where they would like to give birth and how they would like to deliver their baby...](#)

- [Questions to ask your obstetrician or midwife](#)

[The cost of having a baby in Victoria can vary considerably, depending mostly on whether you use the public or private health system...](#)

## Tests, scans and appointments

- [Pregnancy testing](#)

[Sometimes, a home pregnancy test may be positive when a woman isn't pregnant...](#)

- [Pregnancy - antenatal checks of your baby](#)

[A midwife or doctor will use abdominal palpation during an antenatal visit to examine a baby's position and development...](#)

- [Tests, scans and checks - pregnancy and labour](#)

[Tests can confirm your pregnancy and also monitor your baby's development in the womb...](#)

## Labour and birth

- [Death of a baby](#)

[Miscarriage, stillbirth or neonatal death is a shattering event for those expecting a baby, and for their families. Grief, relationship stresses and anxiety about subsequent pregnancies are common in...](#)

- [Developing a birth plan](#)

[A birth plan is a written summary of your preferences for when you are in labour and giving birth...](#)

- [Overdue babies](#)

[Only about five per cent of pregnant women actually give birth on the exact date they are due...](#)

- [Twins and multiple births](#)

[Multiple births are more common than they used to be, due to the increased use of assisted reproductive techniques, in particular the use of fertility drugs. Older women are more likely to have a...](#)

## Newborn care and early parenting services

- [First days after birth](#)

[The first few days after giving birth are a time for resting, looking after yourself and learning about your baby...](#)

- [First weeks after birth](#)

[Use help and advice from family, friends and healthcare services to stay healthy, happy and well supported during the first few weeks after childbirth...](#)

- [Newborn bloodspot screening](#)

[Every newborn baby in Australia is offered a newborn bloodspot screening test to identify those at risk of rare, but serious, medical conditions...](#)

- [Perinatal Anxiety and Depression Australia](#)

[Perinatal Anxiety and Depression Australia \(PANDA\) has a helpline offering information, referrals and counselling to anyone who is concerned about how they are \(or someone else is\) coping during and...](#)

- [Personal and relationship services](#)

[There are personal and relationship services available to you that offer counselling and relationship advice...](#)

- [Specialised care for your baby](#)

[If your baby is sick at birth or born too early \(premature\) they will be cared for in a Neonatal Intensive Care Unit \(NICU\) or Special Care Nursery \(SCN\) by highly experienced medical and nursing...](#)

## Unplanned pregnancy and family planning

- [Contraception - choices](#)

[The method of contraception you choose will depend on your general health, lifestyle and relationships...](#)

- [Abortion services in Victoria](#)

[Some abortion services in Victoria offer reduced fees to students, healthcare card holders and those experiencing financial difficulty...](#)

- [Abortion](#)

[All women should have access to accurate information about abortion so they can make their own informed decisions...](#)

- [Abortion procedures - medication](#)

[Mifepristone, also called RU486 or the 'abortion pill', is used to terminate \(end\) a pregnancy up to nine weeks...](#)

- [Abortion procedures - surgical](#)

[Abortion is one of the most common and safest types of surgery in Australia...](#)

- [Adoption, surrogacy and fostering](#)

[When an infant becomes part of your family through adoption, foster care, surrogacy or other arrangements, there are laws and legal agreements that will outline your rights and responsibilities as a...](#)

- [Pregnancy - unplanned](#)

[When a woman does not want to become a parent, her pregnancy options may include abortion or adoption...](#)

## Rights and responsibilities

- [Adoption, surrogacy and fostering](#)

[When an infant becomes part of your family through adoption, foster care, surrogacy or other arrangements, there are laws and legal agreements that will outline your rights and responsibilities as a...](#)

- [Complaints about health services](#)

[The Health Complaints Commissioner can accept complaints about anyone who claims to provide a health service...](#)

- [Confidentiality and privacy in healthcare](#)

[There are laws that set out how healthcare professionals can collect and store your health information and when they are allowed to share it...](#)

- [Patient and carer rights in hospital](#)

[You and your carers should expect clear communication about medical issues and treatment options and costs in hospital in a way that you can understand...](#)

- [Second opinions](#)

[You have the right to ask a doctor for a second opinion if you are unsure about your doctor's suggested medical treatment or a diagnosis...](#)

## Recent Activity

42 people have watched a video today

- **[Health topics](#)**

- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- 

- **[Explore](#)**

- [Recipes](#)
- [Healthy pantry](#)
- [Videos](#)
- [Consumer medicine information](#)
- [Multilingual health information - Health Translations Directory](#)

- **[About](#)**

- [About us](#)
- [Accessibility](#)
- [Content partners](#)
- [Privacy](#)
- [Terms of use](#)
- [Contact us](#)

- **[Connect with us](#)**

- [Facebook](#)
- [Twitter](#)
- [YouTube](#)

Page last reviewed: 31 Aug 2014

<https://www.betterhealth.vic.gov.au:443/health/healthyliving/pregnancy-and-teeth>

- <https://www.betterhealth.vic.gov.au:443/about/privacy>  
[Privacy Statement](#)
- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>  
[Copyright Notice](#)
- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>  
[Disclaimer Notice](#)

This web site is managed and authorised by the Department of Health & Human Services, State Government of Victoria, Australia

© Copyright State of Victoria 2018.

[Back to Top](#)

**This page has been produced in consultation with and approved by:**

Australian Dental Association Victorian Branch

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.

For the latest updates and more information, visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

**Copyright © 1999/2019** State of Victoria. Reproduced from the Better Health Channel ([www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.