1. Remember the saying ‘Gain a child, lose a tooth.’? There hasn't been any truth in it for a long time. If you take good care of your oral health during pregnancy – and have your teeth checked and, if required, treated early, preferably when you're planning to get pregnant – you can keep enjoying a beautiful set of teeth beyond giving birth.

2. Be especially diligent about caring for your teeth at this time. Caution: a mother’s unhealthy teeth can also negatively affect the child.

3. Eat a healthy diet – e.g. one that includes wholemeal products and lots of fresh fruit and vegetables. This way you are only supplying your body with all important nutrients, you’re also doing your teeth a favour. Snacks and sweets in between main meals should be avoided because of the risk of tooth decay.

4. The risk of tooth decay is elevated, especially in the first months of a pregnancy, – e.g. because of cravings for sweet or sour foods and a difference in the composition of the saliva. This is why thorough oral hygiene is especially important at this time.

5. Those with a general tendency towards tooth decay can use a fluoride gel at home once a week, or have their dentist apply a fluoride coating to the teeth.

6. Because of the hormonal changes, pregnant women are more susceptible to inflammation of the gums and dental plaque. For this reason, professional tooth cleaning (‘PZR’) is recommended during pregnancy.

7. If periodontitis (an inflammatory disease of the structure anchoring the teeth) remains untreated during pregnancy, it not only affects oral health, but, as experts suggest, may also increase the risk of complications such as premature birth. Early diagnosis and treatment – ideally at the time of planning a pregnancy – can markedly reduce this risk.

8. Are you suffering from nausea? Then always rinse your mouth thoroughly with water after throwing up, as stomach acid attacks tooth enamel. Use fluoride toothpaste or mouthwash afterwards. However, you should wait half an hour before you brush your teeth.

9. Even if brushing your teeth makes you want to throw up: still keep trying gently. It often helps to use a toothbrush with soft bristles and a small brush head.