



Pregnancy and Dental Health

As pregnancy brings about many changes in your body, the health of your teeth and gums can be affected. Dental problems, such as bleeding gums or cavities, can become worse during pregnancy and cause stress and discomfort.

Your dentist can help you minimize any dental problems during your pregnancy by showing you good dental hygiene. Your dentist can also provide you with relief for tooth pain or decay, perform routine cleanings and explain treatment needs. Most dental work can be performed safely during certain times of your pregnancy, but the ideal time for dental treatment is after your baby is born.

Common Oral and Dental Problems During Pregnancy

- Pregnancy Gingivitis (bleeding gums) - During pregnancy your gums are extremely sensitive to food and plaque. They may become red, swollen, painful and bleed easily. It is important to continue to brush and floss to remove plaque.
- Gum Tumor - This is not really a tumor, but a swollen, painful area on your gums caused by plaque.
- Dental Decay - Tooth decay does not necessarily increase during pregnancy, but poor oral hygiene and diet changes can cause cavities. Increased appetite and cravings may lead you to snack more with foods high in sugars.
- Some people believe the old saying "lose a tooth for every pregnancy." This is not true. Taking proper care of your mouth by brushing and flossing while you are pregnant is your best defense.

Helpful Tips

- Brush thoroughly with a fluoride toothpaste at least twice a day, and after every meal and snack, if possible.
- Floss once a day.
- Eat a balanced diet, limiting snacks to those that are healthy for you and your baby.

Schedule a visit with your dentist for a cleaning and to discuss your baby's oral health.