

Pregnancy

good oral care for mother and baby

Common Myths

The most common myths about teeth and pregnancy are “*You lose a tooth for every baby you have*” and “*If you don’t get enough calcium your body will take it from your teeth*”. **Both are false.**

The calcium you need will be provided by your diet and if it’s lacking, the mineral will be provided by your bones.

Tooth loss is a result of tooth decay or periodontal (gum and bone) disease, not pregnancy.

Plaque and Your Hormones

Plaque can irritate your gums, making them red, tender and cause them to bleed. This condition is called gingivitis and can lead to a serious gum disease. Women with previously healthy gums may notice they develop gingivitis during pregnancy. This results from changes in hormones but it is the build up of plaque, not hormones, that is the major cause of gum disease.



Pregnancy and Home Care

Good oral care is important for mother and baby with some research showing a link between serious gum disease and premature birth and low birth weight.

Tips for protecting your smile:

- Brush twice daily and floss once a day to prevent plaque building up causing gingivitis and tooth decay
- Visit the Dental Hygienist for cleanings a few times during your pregnancy if gingivitis redevelops.
- Use an antimicrobial mouth rinse if your dentist thinks you need help controlling plaque.

Dental Visits

You can continue your regular visits during your pregnancy and be able to have most dental treatment completed. Some elective or non-emergency treatment can be put off if there is a risk to your unborn baby.

Some medications can be used during and after dental treatment to make you more comfortable. The dentist may speak with your doctor to determine the correct medication to prescribe you. Advise the dentist if you are taking any other medications.

Radiographs (X-rays)

X-rays will generally be postponed until after your baby is born. In an emergency, where treatment cannot wait and an x-ray is required, rest assured that the radiation from x-rays is extremely low, especially with digital x-rays. A protective lead apron will be placed over your abdomen while the x-ray is taken.

Suspect You're Pregnant?

Advise your dentist if you are pregnant or suspect you may be. Let us know if there are any changes in your health, changes in medications or about any particular advice your doctor has provided.

This information will help us determine the best time for dental treatment and whether we need to modify your treatment plan to better suit your needs.