

Caring for Your Teeth During Pregnancy



Pregnancy is a time of significant changes in a woman's body, including changes to her oral health. This patient information brochure provides important information on how to look after your teeth during pregnancy and keep them healthy.

The Effects of Pregnancy on Oral Health

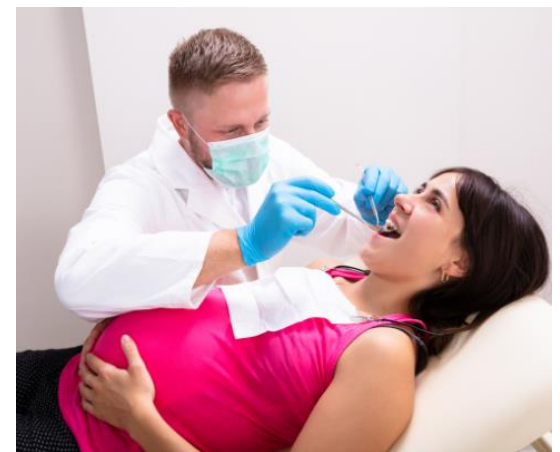
During pregnancy, hormonal changes can increase the risk of certain oral health problems, including gum disease, cavities, and tooth decay. Additionally, morning sickness and acid reflux can expose your teeth to increased levels of acid, which can erode tooth enamel and lead to sensitivity and decay.

Pregnancy Teeth Care Tips

Here are some tips to help you look after your teeth and gums during pregnancy:

Visit the Dentist

It is important to visit the dentist before and during pregnancy to ensure that your teeth and gums are healthy. Let your dentist know that you are pregnant so that they can take any necessary precautions during treatment. Regular dental cleanings and checkups can help to prevent gum disease and tooth decay.



Brush and Floss Regularly

Brush your teeth twice a day with a fluoride toothpaste, and floss at least once a day. If you experience morning sickness, try rinsing your mouth with water or mouthwash after vomiting to help reduce the exposure of your teeth to acid.

Eat a Healthy Diet

Eating a healthy diet is important for both you and your baby's health, and it can also help to promote good oral health. Choose foods that are rich in calcium, such as dairy products and leafy green vegetables, to help keep your teeth and bones strong. Avoid sugary and acidic foods and drinks, which can increase the risk of tooth decay.



Use Mouthwash

Using an antimicrobial mouthwash can help to kill bacteria and reduce the risk of gum disease. However, it is important to check with your dentist or healthcare provider before using any mouthwash during pregnancy.

Manage Morning Sickness

If you experience morning sickness, try eating small, frequent meals throughout the day to help prevent nausea. Avoid brushing your teeth immediately after vomiting, as the acid can weaken tooth enamel. Instead, rinse your mouth with water or mouthwash, and wait at least 30 minutes before brushing.



Consider Dental Treatments

If you need dental treatments during pregnancy, it is important to discuss the risks and benefits with your dentist and healthcare provider. Some treatments, such as routine cleanings and fillings, are generally considered safe during pregnancy. However, other treatments, such as dental X-rays and certain medications, may need to be postponed until after delivery.

Conclusion

Pregnancy is a time of significant changes in a woman's body, including changes to her oral health. Hormonal changes, morning sickness, and acid reflux can increase the risk of gum disease, cavities, and tooth decay. However, by visiting the dentist regularly, brushing and flossing regularly, eating a healthy diet, using mouthwash, managing morning sickness, and considering dental treatments, you can help to keep your teeth and gums healthy during pregnancy. If you have any concerns about your oral health during pregnancy, talk to your dentist or healthcare provider.