

Pregnancy & Dental Health

Dental Care is Important during Pregnancy

Pregnant women require more frequent dental hygiene appointment and better home care due to many changes in the body. Frequent dental cleanings help monitor any changes in oral health.

Possible Changes in Your Dental Health:

1. Stomach capacity decreases: This causes more frequent meals, which means higher risk of decay.
2. Shifts in hormone levels can cause gums to become inflamed leading to increase risk of gingivitis and periodontal disease.
3. Morning sickness causes erosion of tooth enamel.

The Best Prevention during Pregnancy

1. Brushing regularly after meals will help remove plaque and reduce the risk of decay, gingivitis, and periodontal disease.
2. Eat a balance diet. (Vitamins C and B12 are important to oral health). This is important not only to your health, but also your baby's since baby teeth start to develop during the 2nd trimester.
3. If you suffer from morning sickness, rinse your mouth with water and brush your teeth frequently to help neutralize the acid caused by vomiting.
4. Receive routine cleanings from your dentist. Cleanings can take place throughout your pregnancy, at this time dental x-rays will not be taken unless deemed necessary for treatment. The best time for restorative treatment is during the 2nd trimester.