

Myths:

It is unsafe to have dental treatment during pregnancy

Most dental procedures including fillings, simple extractions and teeth cleaning can be done safely in second and third trimester. Extensive surgical treatments can be postponed to after childbirth

You cannot have x-rays when pregnant

Although your dentist might consider waiting till you've had a baby, x-rays can be taken with careful measures if necessary.

x-rays are low dose radiations and carry minimal risk to unborn baby.

Pregnancy does not cause gum disease but it can worsen the existing condition

It is very important for pregnant women to not ignore any early signs of dental disease



Oral health care in expecting mums

Pregnant women experience many physiological changes. Hormones induced during this period have an increased effect on oral health making you more prone to gum problems.

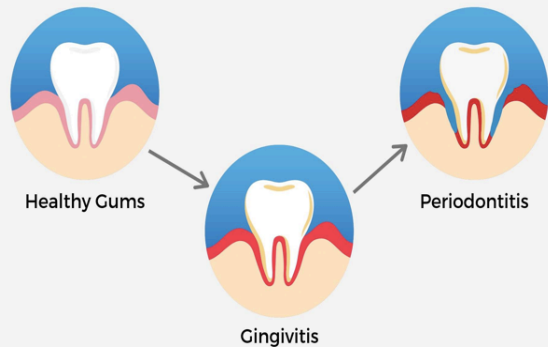
Nearly 60-70% of pregnant women have gingivitis

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Pregnancy gingivitis

The increased level of hormones make your gums very sensitive to plaque leading to swollen, tender gums with red edges and bleed easily during brushing



Periodontitis

A severe form of gum disease that affects the bone supporting teeth causing irreversible damage

Pyogenic granuloma

This is a temporary localized gum swelling caused by exaggerated body response to plaque

Poor oral hygiene can have an impact on unborn baby. Studies have found a link between gum disease and premature and low birth weight baby

How to maintain good oral hygiene?

- Brush twice daily, once before going to bed and once during the day
 - Use fluoridated toothpaste and medium bristle brush
 - Use alcohol free fluoridated mouthwash
 - Do interdental brushing or flossing regularly
 - Maintain a healthy balanced diet
 - Avoid sugary snacks in between meals
 - Consider stopping smoking
- ### In case of morning sickness
- Use bland toothpaste
 - Do not brush right after vomiting
 - Rinse your mouth frequently
 - Cut down on fizzy drinks



Do's:

- Schedule appointments to assess current dental health
- Discuss on how to avoid dental problems with your dentist
- Make an appointment after baby is born

Don'ts:

- Do not neglect your oral health
- Avoid self medication

Good oral hygiene can prevent or reduce the severity of oral changes