



## Your Pregnancy and Oral Health

- **Brushing at least 2x/day** with a fluoride toothpaste along with **flossing** and use of an **interdental** (between the teeth) **aid** is essential for oral health
- **Poor homecare habits** during pregnancy have been associated with **premature delivery, intrauterine growth restriction, gestational diabetes and preeclampsia.**
- The **change** in your **hormones** can make your **gums** more **irritated** by **bacterial plaque**. Your gums can become red, puffy and tender and may bleed more readily than before your pregnancy. This can be avoided by proper homecare practices.
- **Losing a tooth** is **NOT** a **normal** part of pregnancy but an old wives' tale. If you lose a tooth during your pregnancy you may have pre-existing periodontitis or an undiagnosed health condition.
- **Morning sickness** is an unfortunately part of many pregnancies. You are not alone! If you have been sick, it is best to first **rinse** with water or a diluted mouth rinse. **Wait 30 minutes before brushing your teeth.** This will help protect your teeth from the acidic nature of vomit. Brushing your teeth right away can cause damage to the enamel.
- **It is safe and strongly recommended that you see the hygienist during your pregnancy. It is also routinely suggested that you see them more frequently** especially if you have **pregnancy gingivitis.** If you notice any changes in your oral health, please do not hesitate to contact us!
- We all know that **gagging** can be a challenge in pregnancy. **Changing your flavor of toothpaste, using a brush with a smaller head, or brushing at different times of the day may help.** Also, if you are unable to brush right away in the morning, **rinsing** with a fluoridated rinse may help then return to **brush later in the morning.** It is important to keep up with your hygiene routine as you may be **more prone to gingivitis and cavities** due to the **acidic pH in your mouth** (morning sickness) and a possible **change in diet (more carbohydrates).**
- Your baby's teeth begin to **develop** between the **third and sixth months of pregnancy,** and **eating well** can help them form correctly. To **reduce the risk of neural tube defects,** you need **600 mcg of folic acid each day** while pregnant.
- We **avoid taking x-rays** during pregnancy. **Please let your dental hygienist/dentist know if you are pregnant.** We also **avoid** doing any **dental treatment** beyond your hygiene visits unless absolutely necessary and wait until you are in the **second trimester.**

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