

Dental Care in Pregnancy

Did you know?

The American College of Obstetrics and Gynecologists recommends keeping up with your routine dental care during pregnancy to prevent dental complications and improve pregnancy outcomes.

Routine dental care includes:

- Regular brushing and flossing
- Scheduled cleanings with a dental provider every 6 months
 - May be more frequent if recommended by your dentist
 - Dental X-Rays are considered safe at any point in pregnancy, and appropriate shielding measures will be taken to protect the abdomen and thyroid
- Any medically necessary dental work recommended by your dentist

Normal, physiologic, changes during pregnancy can result in noticeable changes to your gums and teeth while you are pregnant. The most common changes that occur include pregnancy gingivitis (inflammation of the gums) and an increased risk for dental cavities.

Other common, but more bothersome, changes that can occur include benign gingival (gum) lesions, increased tooth mobility or looser teeth, tooth erosion, and periodontitis.

Increased gum and tooth sensitivity is very common during pregnancy and can be reduced by good oral hygiene. Routine dental care during pregnancy is important in order to keep your oral cavity healthy.

Resources from the American Dental Association:

- Search for a Dentist in your area:
<https://findadentist.ada.org/>
- ADA Video on how to care for your teeth during pregnancy:
<https://youtu.be/xYAPSoZEtUI>