



Should Being Pregnant Make Any Difference To My Oral Care?

How often you need to have x-rays depends on your oral health. A healthy adult who has not had cavities or other problems for some time should not need x-rays at every appointment. If your dental situation is less stable and your dentist is monitoring your progress, you may require more frequent x-rays.

http://www.betteroralhealth.info/orbit_us/general-public-area/visiting-the-dentist/frequently-asked-questions/index.htm

Pregnancy brings about significant changes from your body which may affect your gums. Because of hormonal changes that can result from increased tissue sensitivity to dental plaque resulting from more pronounced gum inflammation and bleeding, pregnant women are more likely to show signs of gum disease.

Pregnancy causes hormonal fluctuations that increase your risk for gum disease. The changing hormone levels in your body can make your gums more sensitive to harmful plaque — the colorless, sticky film of bacteria that constantly forms on teeth. Furthermore, if you already have signs of gum disease, being pregnant may make it worse. This is why it is vital to pay more careful attention to your daily brushing and flossing routine to keep plaque under control.

<http://www.oralb.com/arabia/en/learningcenter/conditions/pregnancy.asp>

Plaque is one of the main causes of gum disease. If plaque is not removed by daily brushing and flossing, it will accumulate on the teeth and below the gumline, which can lead to gingivitis, the first stage of gum disease. If ignored, gingivitis can progress to a more serious form of gum disease called periodontitis, in which the gums and bones that support your teeth and keep them in place are permanently damaged.

http://www.drwidick.com/html/get_dental_info/pregnancy_and_oral_hygiene/q_and_a.html

Brush thoroughly at least twice a day, preferably in the morning and before bed. Use a soft-bristled toothbrush or a good quality power toothbrush— look for modern designs that are safe and gentle to use. Many incorporate advanced technology that allows them to remove plaque more effectively than ordinary manual toothbrushes.

When you are pregnant, what you do to take care of your own health, including your oral health, affects the health of your developing baby. In addition, hormonal changes in your body during pregnancy can increase your chances of developing gum disease.

<http://www.oralb.com/arabia/en/learningcenter/conditions/pregnancy.asp>

Hormonal changes during pregnancy can significantly affect the health of teeth and gums, as well as stress, trauma, infection and vitamin deficiencies. Eating well is vital, and it is worth considering a supplement to ensure good nutrient levels.

Even women who have perfect oral health can suddenly have problems in pregnancy. Two huge factors, often overlooked, are morning sickness and gastric reflux. Stomach acid can totally dismantle even a well-cared-for mouth.

<http://www.dailymail.co.uk/home/you/article-472657/Expectant-mums-brush-oral-care.html>

It is like giving your teeth an acid bath and can turn them from a rock-like consistency to chalk. Sugar cravings add to the problem. If you have prolonged morning sickness or reflux, rinse your mouth with a fluoride mouthwash (or water) immediately after, and delay brushing your teeth for an hour. Pregnant women also have a high risk of tooth decay, so visit your dentist regularly.

The American Academy of Pediatric Dentistry (AAPD) recommends that all pregnant adolescents seek professional oral health care during the first trimester. After obtaining a thorough medical history, the dental professional should perform a comprehensive evaluation which includes a thorough dental history, dietary history, clinical examination, and caries risk assessment. The dental history includes, but is not limited to, discussion of preexisting oral conditions, signs/symptoms of such, current oral hygiene practices and preventive home care, previous radiographic exposures, and tobacco use. The adolescent's dietary history should focus on exposures to carbohydrates, especially due to increased snacking, and acidic beverages/foods. During the clinical examination, the practitioner should pay particular attention to health status of the periodontal tissues. The AAPD's caries-risk assessment tool (AAPD, "Policy on the use", 2006), utilizing historical and clinical findings, will aid the practitioner in identifying risk factors in order to develop an individualized preventive program.

Based upon the historical indicators, clinical findings, and previous radiographic surveys, radiographs may be indicated. Because risk of carcinogenesis or fetal effects is very small but significant, radiographs should be obtained only when there is expectation that diagnostic yield (including the absence of pathology) will influence patient care. If dental treatment must be deferred until after delivery, radiographic assessment also should be deferred. All radiographic procedures should be conducted in accordance with radiation safety practices. These include optimizing the radiographic techniques, shielding the pelvic region and thyroid gland, and using the fastest imaging system consistent with the imaging task. Image receptors of speeds slower than American National Standards Institute (ANSI) speed group E shall not be used.

http://www.guideline.gov/summary/summary.aspx?doc_id=12142

Preventive services must be a high priority for the adolescent pregnant patient. Ideally, a dental prophylaxis should be performed during the first trimester and again during the third trimester if oral home care is inadequate or periodontal conditions warrant professional care. Referral to a periodontist should be considered in the presence of progressive periodontal disease. While fluoridated dentifrice and professionally-applied topical fluoride treatments can be effective caries preventive measures for the expectant adolescent, the AAPD does not support the use of prenatal fluoride supplements to benefit the fetus (AAPD, 2007).

It is a very good idea to get your teeth cleaned while you're pregnant. Your gums will be more sore afterwards than usual because of the additional blood flow to them, but happier in the long run. Also keep flossing, but use the thinnest, most waxy floss you can. Do not use Glide when you are pregnant, it will only irritate you more

<http://parents.berkeley.edu/advice/pregnancy/dentist.html>