

Oral Health and Pregnancy

Oral Health Influences Overall Health

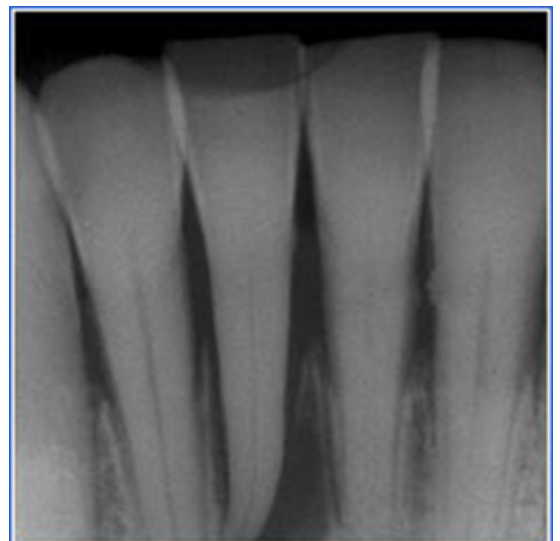
- Periodontal disease (gum disease) is a chronic inflammatory process
- Exacerbates diabetes
- Poor pregnancy outcomes
- Health isn't possible without a healthy mouth

The Dental Disconnect

- Women frequently do not see a dentist when pregnant
- Only 26–34% of all pregnant women visit a dentist
- Percentage is even lower for Hispanic women, low SES, and those not aware of oral-systemic linkages
- Only 50% of pregnant women with a dental problem actually visit a dentist
- Even among women with dental insurance, dental care declines during pregnancy
- “Morning sickness” can cause tooth erosion
 - Do NOT brush immediately after vomiting
 - Rinse
 - Water with baking soda
 - Sugar-free liquid antacid
 - Fluoride rinse
 - Plain water
 - Ask a dental professional about fluoride

Dental treatment is safe during pregnancy*

- Radiographs to evaluate and definitively diagnose oral diseases and conditions when clinically indicated are safe
- Oral disease management and treatment is safe
- Several analgesics may be used
- Several antibiotics may be used
- Local anesthetics with epinephrine may be used



*Oral Health Care During Pregnancy Expert Workgroup. 2012 Oral Health Care During Pregnancy: A National Consensus Statement. Washington, DC: National Maternal and Child Oral Health Resources.