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GPA 32nd Annual Conference
The King and Prince Resort
September 19-21, 2018

E-NEWS

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Dental Hygiene in Pregnancy.

Why is it important?

Many studies have shown that many oral health conditions can have an adverse effect on pregnancy. Poor dental hygiene can lead to periodontitis specifically gingivitis, and caries (cavities). Periodontitis is linked with preterm birth, low birth weight babies, and development of preeclampsia.

What is good dental hygiene?

Brushing twice daily with soft bristled brush, using

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fluoride toothpaste, mouthwash and floss daily. Get regular dental checkups. Cleanings are recommended twice yearly. Seek care for dental emergencies so that complications can be kept to a minimum.

Can Pregnancy increase risks for complications?

Yes, nausea and vomiting can increase breakdown of enamel that coats and protects the teeth. If you are having vomiting it is recommended to brush after emesis, or rinse with fluoride mouthwash. Hormonal changes of pregnancy also increase growth of bacteria and allow easier passage to bloodstream.



Can I see a dentist while I am pregnant?

Yes. Many women do not have dental insurance, and pregnancy Medicaid in Georgia covers dental cleanings, evaluation and treatment for some dental issues. It is highly recommended to encourage these patients to seek out dental care. Please notify your dental provider that you are pregnant. Xrays can be performed using protective equipment to protect the fetus. Local numbing agents can be used if needed such as lidocaine. Pain medications can be prescribed if needed, as well. Antibiotics may also be used if needed.

Benefits of Good Dental Hygiene

Improved self esteem and more smiling. Smiling

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releases good hormones and has many health benefits.

Prevention of gingivitis and caries. This helps decrease risks of preterm birth, low birth weight infants. Decreasing the preterm birth rate helps decrease neonatal morbidity- that means healthier kids from the start, as well as universal health care costs.

*More Information available at
American Dental Association
<https://www.mouthhealthy.org/en/pregnancy>*

*American College of Nurse Midwives- Share with
Women handout.
https://www.midwife.org/acnm/files/ccLibraryFiles/Filename/000000003904/Dental_Care_Pregnancy.pdf*



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