



Your oral health is important

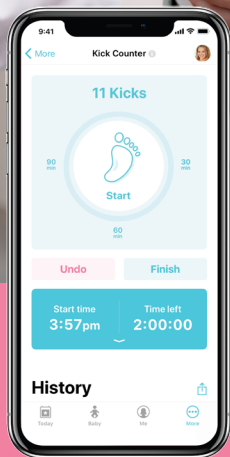
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¹ Sanz M, et al. J Periodontol 2013;84(4 Suppl.):S164-S169 doi: 10.1902/jop.2013.1340016

² Han YW, Wang X. Mobile microbiome: Oral bacteria in extra-oral infections and inflammation. J Dent Res 2013; 92: 485-491.

³ Centers for Disease Control and Prevention. Pregnancy and Oral Health (2022). <https://www.cdc.gov/oralhealth/publications/features/pregnancy-and-oral-health.html>

⁴ March of Dimes. Dental health during pregnancy (2023). <https://www.marchofdimes.org/find-support/topics/pregnancy/dental-health-during-pregnancy/>

⁵ American College of Obstetricians and Gynecologists Committee on Health Care for Underserved Women. Oral health care during pregnancy and through the lifespan (Number 569). 2013; Reaffirmed 2017. <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2013/08/oral-health-care-during-pregnancy-and-through-the-lifespan>. Accessed June 14, 2023.

See how oral health can affect your pregnancy

The mouth is the gateway to the body

Why oral care is integral to pregnancy treatment plans

Studies show that during pregnancy, you may be at increased risk of bleeding gums, called pregnancy gingivitis, due to increased hormone levels, new food cravings, and changes in immunity. Left untreated, prenatal periodontitis may impact the growth of a fetus, and even lead to premature birth or miscarriage.¹

Prenatal periodontitis may lead to an adverse pregnancy outcome. This occurs when harmful bacteria accumulate in your mouth, potentially spreading throughout the body and increasing the risk of pregnancy complications.² Morning sickness can exacerbate this by exposing teeth and gums to stomach acid that erodes enamel and impacts gums.

While current research has not established causation, the correlations between pregnancy and risk of periodontitis are notable.

Consult your dental professional if you have any of these signs of gum disease:

- Bleeding gums when you floss or brush
- Red, swollen and tender gums
- Persistent bad breath or taste
- Gingival lesions, loose teeth, shifting teeth and tooth loss

Test your knowledge

Q Is pregnancy a risk factor for tooth loss and cavities?

A **Yes.** Oral health may be impacted by new routines and changes the body is undergoing.⁴

Q Are dental cleanings and fluoride unsafe during pregnancy?

A **No.** Dental cleanings are an integral part of prenatal care⁴ and fluoride is a recommended treatment throughout pregnancy.⁵

Q Are root canals, fillings, extractions, scaling and root planing safe to undergo during pregnancy?

A **Yes.** If you need these during pregnancy don't delay—waiting will result in more complex problems for you down the line.⁶

Roll with the changes of pregnancy

Your oral routine may have to shift during pregnancy. Here are some tips to maintain your oral health and address new symptoms that may arise while pregnant.



Brush and floss

Aim to brush for two minutes twice a day with a fluoride toothpaste and floss once a day.



Nutrition

Try to limit sweets and follow your healthcare provider's nutritional guidelines. Let them know if you are craving ice as this can impact tooth enamel.



Hydration

Drink water throughout the day to increase saliva production to keep mouth bacteria in check.



Morning sickness

Avoid brushing immediately after morning sickness. Neutralize acidity with antacids, rinsing with mouthwash.



Checkups

Even with the best at-home care, you should visit your dental professional twice a year.