

# Pregnancy and Dental Care



When you are pregnant, you should go to your obstetrician for your regular check ups. But, it is also important to see your dentist when you are pregnant to make sure that your teeth and gums are healthy. Infections in your teeth and gums can affect your pregnancy and the rest of your body.

## **POOR CARE OF YOUR TEETH AND GUMS CAN CAUSE:**

- Preterm delivery.
- Babies born with low birth weight.
- In very extreme cases, the death of your baby.

## **SOME SYMPTOMS OF UNHEALTHY TEETH AND GUMS ARE:**

- Bleeding gums – more estrogen while you are pregnant can cause your gums to bleed.
- Tooth pain or sensitivity to hot and cold foods.
- Swelling of your gums around your teeth.

- Swelling of your face.
- Drainage of pus or fluid from your gums.
- Bad breath.
- Fever.

Many women worry that going to the dentist when they are pregnant can harm their babies. Going to the dentist will not hurt your baby. There are safe dental procedures that can be done while you are pregnant.

## **SOME SAFE DENTAL PROCEDURES ARE:**

- Having your teeth cleaned.
- Drillings, fillings and crowns.
- Some extractions (teeth pulling).
- Getting X-rays of your teeth when you use a lead apron shield.
- Getting a shot for pain while the dentist works on your teeth. But, you should not have general anesthesia unless your obstetrician thinks it is okay.

- Using antibiotics for dental infections and before you have dental work if you have mitral valve prolapse.

## **DAILY CARE OF YOUR TEETH SHOULD INCLUDE:**

- Brushing at least two times a day.
- Flossing at least once a day.
- Using a mouthwash that fights infections.
- Eating a healthy and balanced diet.

Healthy teeth and gums are an important part of your care when you are pregnant. So, don't forget to make an appointment with your dentist. Remember to always tell your dentist that you are pregnant. Your dentist will help you keep your smile beautiful and your teeth healthy!



**FOR MORE INFORMATION** about pregnancy, call Care Management at 1.800.414.6580 (TTY: 1.800.473.0989).



**DELAWARE HEALTH AND SOCIAL SERVICES**

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