

# Pregnancy

## Dental Advice

### Happy Dentists

## Protect your unborn baby's health



- It is important to keep your teeth and gums healthy during & after pregnancy as you are at an risk of decay & gum disease.



## Gum Disease & Pregnancy

- Many women can develop gum disease during pregnancy due to an increase in natural hormonal changes in the body.
- If gum disease becomes severe, the infection can affect an unborn baby's development. Leading to premature birth or low birth weight.
- Signs of gum disease, include sore, puffy, red bleeding gums.

### Treatment:

- Good oral hygiene (Brushing & Flossing)
- Regular check ups & professional cleans

A pyogenic granuloma, is a red, lumpy piece of gum tissue that grows between teeth. They are quite harmless, and usually go away once you've had your baby.

Your dentist can provide treatment options if they become difficult to manage.

## Smoking



- Smoking while pregnant is not good for you or your unborn baby as well contributing to gum disease.
- If you smoke, consider quitting. Talk to your health professional.



## Cravings (Diet)

- Some women experience unusual food cravings during pregnancy. If this involves a regular desire for sugary snacks this can increase your risk of tooth decay.



If nothing but sweetness will satisfy your craving, try healthier options such as fresh fruits with natural or greek yoghurt

Limit snacking to meal times



Have plain milk - as it is good at neutralising the acid in your mouth as well as being beneficial for your baby's teeth and bones.



## Morning Sickness

- Pregnant women who experience morning sickness with vomiting and/or acid reflux are at high risk of tooth erosion. Which is the gradual dissolving of the tooth.
- To reduce risk of tooth erosion & damage to your teeth from vomiting you can do the following:



Rinse your mouth immediately with water or a mouth rinse & spit (A teaspoon of baking soda with a cup of water)



Chew sugar free gum to stimulate saliva to neutralise & wash away acid



Smear a little bit of toothpaste over your teeth with your finger



Wait at least 30 mins before brushing to avoid damaging softened tooth surface



For further advice, speak to your dentist

# Pregnancy Dental Management

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## Dental Appointments



- Having a healthy mouth before you plan to become pregnant is the best way to continue easy dental visits through your pregnancy, as well as being linked to your child having good oral health.
- Don't avoid your dentist or delay urgent dental treatment under the presumption of a perceived risk to your baby.
- It is important to have routine & urgent dental procedures throughout your pregnancy as there are greater risks of an infection affecting your baby if left untreated.
- Remember to advise your dentist if your having morning sickness or gum issues:
  - As they can organise afternoon appointments, so that it is more comfortable for you.
  - They can help you with techniques to manage these symptoms dentally

## Inferior Vena Cava Syndrome



- Occurs due to your main blood vessel to the heart being compressed when laying down for long periods. Which is more common in your 3rd trimester.
- The condition manifests as a sudden drop in blood pressure, dizziness and fainting.
- Leaning towards your heart can help prevent this, ask your dentist for a cushion to be placed on your right side to raise the right hips (10-12cm).

## Radiation and X-rays



Domestic flight



40  $\mu$ Sv

Dental X-Ray



5  $\mu$ Sv

## Pain Medication



- If in pain, see the dentist as soon as possible.
- If requiring pain management take Paracetamol as the manufacture instructs.
  - **Avoid** Aspirin and ibuprofen while pregnant

- What many don't realise, is that you are exposed to far more radiation from a single domestic plane flight than from a dental X-ray.
- The Australian Radiation Protection & Nuclear Safety Agency (ARPANSA) guidelines state that there is no need on radiation protection grounds to defer dental radiography during pregnancy.
- Although due to understandable concerns, X-rays use are still limited during pregnancy & are only used if the dentist is concerned with the infection. As a result the dentist weigh up the risk and benefit of the x-ray. In addition to this, we take every precaution to further minimise the radiation using the following precautions.



Use of a lead apron shield blocks radiation to the rest of the body



Use of a targeted beam that is limited to that tooth area



Use of special receptors that limit exposure

