

Treatment When Pregnant

- Receiving 6 month preventative cleanings is a bare minimum when pregnant. Increased amounts of plaque and bacteria may cause infections in the gums, which can lead to preeclampsia and premature birth.
- If your Dental Hygienists and Doctor recommend periodontal therapy it should be completed immediately to avoid possible complications mentioned above.
- Pregnancy gingivitis presents as red, inflamed, and or bleeding gums. This can be avoided with regular dental visits and daily flossing and brushing.
- Pregnancy gum lesions present as pink over-sized areas of the gums. These are normal (usually after the baby is born). Keep the area clean and continue regular maintenance visits with your dental hygienist.

Suggested Apps to Download:



babycenter:
Find out how your baby is developing, health tips for you and your child, and more!



What to Expect:
Learn about medical conditions associated with pregnancy, share photos/stories, and receive emotional support.

What to Expect When You're Expecting: A New Mom's Guide to Oral Health



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Congratulations on becoming a mom!

We just wanted to let you know that we are so excited for your new bundle of joy that is on the way.

As your dental health care provider, we are here to help with any of your pregnancy and early childhood dental questions. It is extremely important to take care of your oral health during pregnancy.

Dental treatment is safe during pregnancy, and if you have any questions please ask us or your health care provider.

This brochure includes information on your pregnancy oral health, and your future child's oral health development, and how we can take care of them.

First Trimester

- If you have not been to a dentist in over 6 months make an appointment now to have an evaluation.
- Maintain healthy enamel through morning sickness by following the home care instructions provided.

Second Trimester

- The best time to receive dental care if you haven't already in the first trimester. Your baby is developing and you will be your most comfortable during this trimester!
- If you have an emergency root canal, filling, or periodontal treatment we will be happy to take care of you quickly and safely during this time.

Third Trimester

- Dental hygiene maintenance is still recommended during this time, but we will save all of the cosmetic treatments, like whitening, until after the baby arrives!
- A pillow may be used under your legs and the chair can be only partially reclined to ensure your comfort during your third trimester visits.

Demineralization / Remineralization

- If you experience morning sickness, rinse your mouth out with a cup of water and tsp. of baking soda. Do not brush immediately after as this will wear away the enamel at a more rapid rate.
- Eat a well balanced diet. Foods low in carbs and acidity are great for your teeth. Some examples are avocado, yogurt, cucumbers, carrots, bananas, and watermelon.



- Products like MI paste, fluoridated over the counter toothpaste, and some mouth rinses are safe and can prevent cavities during pregnancy.