

PREGNANCY AND ORAL HEALTH

Congratulations! With everything you have to do during this exciting time, be sure to add a dental checkup to the list. During pregnancy, you experience hormonal changes that may affect your oral health. Taking good care of your oral health can help you and your baby stay healthy. It's a good idea to continue your dental visits throughout your pregnancy.^{1,2}

SOME FACTS TO CHEW ON

THE HEALTH OF A WOMAN'S TEETH AND GUMS DURING PREGNANCY MAY AFFECT HER BABY'S GROWTH.³



4 OUT OF 10 PREGNANT WOMEN HAVE TOOTH DECAY OR SOME FORM OF GUM DISEASE³

75% OF SURVEYED OBSTETRICIANS AND GYNECOLOGISTS REPORTED HAVING PATIENTS WHO WERE DENIED DENTAL SERVICES BECAUSE OF PREGNANCY³

ONLY 22-34% OF WOMEN IN THE UNITED STATES CONSULT A DENTIST DURING PREGNANCY⁴

Here are a few important ways to help ensure the health of you and your baby:



Visit a dentist before you get pregnant. Have your teeth professionally cleaned and examined to help avoid oral health problems during pregnancy.⁵



Avoid major dental procedures. Unless it's an absolute emergency, procedures involving reconstruction or surgery should wait until after your baby is born.^{2,5}



Note what medications you take. Let your dentist know what medications you take. Some, like amoxicillin, are considered safe for limited use during pregnancy, while others, like tetracycline, can cause staining of your baby's developing teeth before they are even born.⁶

For more information and resources on how to manage oral care during pregnancy, visit [cdhp.org/resources/320-oral-health-pregnant-women-resource-center](https://www.cdhp.org/resources/320-oral-health-pregnant-women-resource-center)

Rinsing with ADA-accepted
LISTERINE® mouthwash, along with
brushing and flossing, can help
control gum inflammation.²

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For more information, visit [listerine.com](https://www.listerine.com)

References: 1. Know Your Teeth. How does pregnancy affect my oral health? <http://www.knowyourteeth.com/infobites/abc/article/?abc=h&iid=325&aid=1309>. Accessed May 2, 2017. 2. Simple Steps To Better Dental Health. How pregnancy affects your oral health. <http://www.simplestepsdental.com/SS/ihtSS/r.==/st.31848/t.35020/pr.3.html>. Accessed May 2, 2017. 3. Children's Dental Health Project. Topics and resources. Oral health & pregnant women resource center. <https://www.cdhp.org/resources/320-oral-health-pregnant-women-resource-center>. Accessed May 2, 2017. 4. Silk H, Douglass AB, Douglass JM, Silk L. Oral health during pregnancy. *Am Fam Physician*. 2008;77(8):1139-1144. 5. WebMD. Dental care and pregnancy. <http://www.webmd.com/oral-health/dental-care-pregnancy>. Accessed May 2, 2017. 6. American Dental Association. Oral health during pregnancy. *JADA*. 2011;142(5):574.