Women’s oral health during pregnancy

During pregnancy, mouth becomes key focus of physiological & hormonal change...

Gums risk:

- Pregnancy gingivitis
- Pregnancy pyogenic granuloma
- Periodontitis

Professional oral care

Gingival inflammation & bleeding, usually reversible with:
- Proper oral hygiene
- Periodontal check-up

Treatable after delivery if not too serious

Pre-existing gum diseases which may aggravate:
- May trigger chronic general health conditions

Why:
- Because it may cause irreversible damage to periodontium

How:
- By maximising oral hygiene
- By following professional oral-health advice

Otherwise:
- As gums surround and support the teeth, damage to gums triggers related health problems including:
  - Halitosis
  - Aesthetic issues
  - Mastication issues
  - Tooth loss
  - Possible risk factor for gestational diabetes
  - Possible risk factor for adverse pregnancy outcomes
  - Other possible health risks

Professional oral care

Make sure that gum disease does not become an issue during pregnancy

Visit our site: oralhealthandpregnancy.efp.org

oral health & pregnancy

The EFP thanks Oral-B for its support and its unrestricted grant.

During pregnancy, mouth becomes key focus of physiological & hormonal change...

...so gums naturally tend to swell & gum inflammation tends to increase

Main goal during pregnancy: avoid excessive plaque accumulation

Professional oral care