Women's oral health during pregnancy

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

...and gum disease caused by plaque on teeth becomes more obvious

Gums risk:

- Pregnancy gingivitis: Gingival inflammation & bleeding; usually reversible with:
  - optimal plaque removal
  - periodontal check-up

- Localised larger gum swelling: Usually resolves spontaneously after delivery,
  may require simple removal by a dentist

- Periodontitis: More serious pre-existing gum disease including bone loss,
  which may become more advanced
  may trigger chronic general health conditions

Main goal during pregnancy: avoid persistent plaque accumulation

Why:
Because it may cause irreversible damage to periodontium

How:
By optimal plaque removal + 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
- chewing issues
- tooth loss
- possible risk factor for gestational diabetes
- possible risk factor for adverse pregnancy outcomes
- other possible health risks

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