



Pregnancy Dental Care

Information Pack

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crookesandjenkinsdental.com.au

Female Hormones

Good dental hygiene is important for oral health and especially crucial for women because hormonal changes throughout a women's life can increase her risk of tooth and gum diseases.

If oral hygiene is poor, plaque (bacteria) can eventually harden into calculus (tartar) and cause further damage to gums, bone and ligaments supporting teeth.

Untreated gingivitis can lead to an advanced stage of gum disease called periodontitis, which is an infection and inflammation of the tissues supporting the teeth.

To reduce plaque build up on your teeth:

1. Brush two to three times daily and floss once per day.
2. Choose healthy foods. High sugar foods especially sticky sweets, chocolate and cakes promote growth of plaque forming bacteria.
3. Avoid snacking, which increases the rate of plaque development.
4. Drink plenty of water.
5. Chewing sugarless gum helps stimulate saliva production and can help reduce decay

Pregnancy

Pregnancy Gingivitis:

Many women find their gums may appear red or inflamed and bleed easily during brushing. Women may find the surge of female hormones during pregnancy makes their gums more reactive to the bacteria in plaque and calculus if it is not properly removed from the teeth and gum line. If left unattended irreversible damage to the bone that supports the teeth may also occur.

Pregnancy Gingivitis may be seen from about 12 weeks into pregnancy.

Good oral hygiene will help to prevent pregnancy gingivitis but if bleeding persists it is important to consult with your dental professional. At Crookes and Jenkins Dental we will provide you with information necessary to keep your gums and teeth healthy and remove the hardened plaque called calculus which may be contributing to the Female Hormones problem. Our oral health professionals will ensure your visit is safe for you and your baby.



Damage from Stomach Acid

Both nausea and vomiting can cause acid from the stomach to reflux into the mouth, damaging the teeth due to erosion of the enamel. Use a fluoride mouth rinse to neutralize the acid and protect the teeth. If a mouth rinse is not available, thoroughly rinse the mouth with water. If brushing is difficult due to morning sickness, try using a child sized brush. Avoid further acid exposure of the teeth by avoiding soft drinks and citrus fruit drinks.

Food Cravings

Women who have food cravings may eat sweets or sticky foods, and have irregular meals, all of which increase the risk of dental decay. Nuts are a good alternative as they will not harm your teeth and can reduce cravings.

Quit smoking

Smoking affects your whole body including your mouth – and your baby’s health will suffer too. Help to stop smoking can be found at www.quitnow.info.au or phone the Quitline **131 848**.

Your Pregnancy Checklist

- Brush at least twice a day with fluoride toothpaste and a soft brush
- Spit don't rinse after brushing
- QUIT smoking
- Drink tap water
- Have a healthy diet; snack wisely avoid soft drinks and sugary/sticky snacks
- After vomiting rinse your mouth with water immediately but delay brushing for 30 minutes
- See your dentist early in pregnancy to get your teeth and gums checked
- Fluoride supplements are not recommended during pregnancy
- An electric toothbrush may improve plaque removal and help to keep your gums and teeth healthy



Menopause

With the onset of menopause and gradual decline in female hormone levels, women may notice new oral health problems developing.

Pain in the mouth and burning sensations, dry mouth, or a bad taste can all occur around this time of a woman's life.

These symptoms can be relieved by continuing good oral hygiene including brushing, flossing and regular professional cleaning by a dentist or dental hygienist.

At Crookes and Jenkins Dental we can provide you with professional cleans and offer you advice and recommendations to keep your gums and teeth stable and healthy.





Contact Us

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