

# Pregnancy

## Oral conditions and pregnancy

When you are pregnant, your hormonal activity increases, and that can lead to a number of undesirable oral conditions.

Increased levels of estrogen and progesterone can make it easier for bacteria in plaque to grow. Bleeding gums are common during this time, and you may develop "pregnancy gingivitis."

If you ignore gingivitis during pregnancy, it can develop into periodontal disease, a chronic infection of the teeth, gums, and jawbone that, in severe cases, can lead to tooth loss.



*Brush your teeth regularly*



*Have regular dental check-ups*



*Pregnancy tumor*

At the gingivitis site, you could also develop a pregnancy tumor. This growth is usually deep-red, sore, and easily bleeds.

Although this tumor is not cancerous, it can be very uncomfortable. It can go away after you deliver your baby, or your dentist may suggest removing it.

Gingivitis can also affect the health of your unborn baby. To fight the infection, your body produces prostaglandin which may signal your body to begin labor, resulting in a premature birth. Gingivitis can increase the risk of preeclampsia, a potentially serious form of high blood pressure.

## Preventing gingivitis

To prevent gingivitis and periodontal disease, floss daily and brush your teeth with a soft-bristled toothbrush and fluoride toothpaste after each meal.

If toothpaste makes you feel nauseated, you can brush with plain water and rinse with an anti-plaque or fluoridated mouthwash.

If you are pregnant, or planning on becoming pregnant soon, talk to us about regular check-ups and proper home care to keep your health the best it can be.