

# Healthy smiles for mom and baby



## What happens to your mouth during pregnancy

Don't neglect your dental care when expecting. As you consider how best to support your baby's health, it's important to prioritize oral health visits.

- Pregnancy gingivitis affects 60 - 75% of pregnant people and is especially common during the second trimester.
- Oral tumors affect a relatively small percentage of pregnant people. Non-cancerous tumors on the skin or mucous membranes may bleed and typically disappear after baby is born.
- It's common to experience nausea or "morning sickness" at some point during pregnancy. It can cause damage to your tooth enamel.
- Research shows that periodontal disease in pregnant women is associated with delivering a preterm baby or a baby with low birth weight.
- Periodontal disease in pregnant people is also associated with pre-eclampsia - a condition occurring midway through pregnancy, causing high blood pressure. Pre-eclampsia can result in serious issues for both mothers and babies if it's not treated.
- If you have high amounts of cavity-causing bacteria, you can pass it along to your child.

Oral health exams during pregnancy, including extra cleanings and gum disease treatments, keep you and your baby healthy.

## Schedule your prenatal dental visit today.

TotalHealth Wellness Program provides increased dental benefits for members with qualifying health conditions (including pregnancy). To learn more please visit [deltadentalwa.com/totalhealth](https://deltadentalwa.com/totalhealth)

HealthySmilesPregnancyFlyer-0525

**If you have a question, give us a call. We're happy to help.**

Call us (800) 554-1907  
Text us (833) 604-1246  
Visit [DeltaDentalWA.com](https://DeltaDentalWA.com)

## Health experts agree oral care during pregnancy is safe.

### Is local anesthesia safe during pregnancy?

Rest assured that local anesthesia (with or without epinephrine) is **considered safe**. Common antibiotics also considered safe during pregnancy **include** penicillin, amoxicillin, cephalosporins, clindamycin, and metronidazole.

### What oral health medication is safe during pregnancy?

Always tell your doctors and your dentist about any drugs you're taking in case they interfere with other medications or procedures.

### Are dental x-rays safe while pregnant?

Both the American College of Obstetricians & the American College of Radiology say it's safe to get a dental x-ray while pregnant. When properly done with the appropriate shields, X-rays on the mouth do not expose your reproductive organs to direct radiation.



Delta Dental of Washington