

Oral Health in Pregnancy Resources

Overview

Dental diseases have been linked to systemic conditions, including during pregnancy. Common conditions during pregnancy include gingivitis, pyogenic granuloma, dental caries, and tooth erosion. Notably, periodontal disease has been associated with adverse pregnancy outcomes such as pre-term birth, low birthweight, and pre-eclampsia. Additionally, untreated dental caries in pregnant women may lead to early childhood caries in infants, impacting their growth and quality of life. It is recommended to include preventive dental care into routine prenatal care to address these concerns.

Organizations involved in maternal oral health include:

1. National Maternal and Child Oral health resource Center Georgetown University [NMCH](#)
2. Maternal and Child Health Bureau US [MCHB](#)
3. Healthy Children (Powered by the American Academy of Pediatric Dentistry) [Healthy children.org](#)
4. National Institute of Dental and Craniofacial Research [NIDCR](#)
5. Center for disease control and prevention [CDC](#)
6. Children's Oral Health Initiative [COHI](#)
7. Canadian Dental Association [CDA](#)
8. Saskatchewan Prevention institute [SPI](#)

Key Technical Resources

1. American College of Obstetricians and Gynecologists. Committee Opinion No. 569: oral health care during pregnancy and through the lifespan. *Obstet Gynecol.* 2013;122(2 Pt 1):417–22. [Link here](#)
2. Adeniyi A, Donnelly L, Janssen P, Jevitt C, Von Bergmann H, Brondani M. An interprofessional model of care for oral health during pregnancy. *J Interprof Care.* 2022 Jan 11:1-9. [Link here](#).
3. Silk H, Douglass AB, Douglass JM, Silk L. Oral health during pregnancy. *Am Fam Physician* 2008;77:1139–44. [Link here](#)
4. WHO Draft Global Oral Health Action Plan (2023-2030) [Link here](#)
5. World Federation of Public Health Associations (WFPHA) Maternal Oral Health Framework [Link here](#)
6. WFPHA Child Oral Health Declaration
7. Alliance for a Cavity-Free Future Global Consensus for Achieving a Dental Cavity-Free Future [Link here](#)
8. American Public Health Association Policy Statement: Improving Access to Dental Care for Pregnant Women through Education, Integration of Health Services, Insurance Coverage, an Appropriate Dental Workforce, and Research [Link here](#)
9. U.S. National Consensus Statement: Oral Health Care During Pregnancy [Link here](#)

Key Messages for Oral Health During Pregnancy:

Ensure Dental Check-ups Before and During Pregnancy. Expecting mothers should visit a dentist before and during pregnancy because gum disease and dental cavities are more common during this time, which can impact the baby's health. It's safe to see a dentist while pregnant, and it's advisable to do so before the arrival of the new baby..

Maintain Good Oral Hygiene Practices: Brush your teeth twice a day and floss once a day. This routine is highly effective in preventing harmful mouth bacteria from affecting your infant's oral health after birth.

Combat Morning Sickness Effectively: If experiencing morning sickness, rinse your mouth with a solution of 1 teaspoon of baking soda in a glass of water after vomiting. This helps wash away the acid and protects your tooth enamel.

Protect Your Oral Health and Your Baby's Too: Limiting sugary foods during pregnancy is crucial for both your dental health and your baby's well-being. Excessive sugar intake can contribute to dental issues for you and increase the risk of your baby developing cavities. Opt for nutritious snacks to support a healthy pregnancy and safeguard both your smiles.

For a healthy and worry-free journey through pregnancy, prioritize your oral health with these straightforward practices.

