

ORAL HEALTH AND PREGNANCY

By Dr. Mostafa El-Sherif



A lot of patients ask if they do have to take extra care of their oral health during pregnancy? During pregnancy there is a rise in body hormone levels which can cause pronounced gingivitis. Gingivitis is a condition that results from unremoved plaque on your teeth which irritates the gums making them red and tender and bleeding easily.

Hormonal increases during pregnancy exaggerates the way that gum tissue react to irritants in the plaque. Even with this change you can keep your oral health in excellent condition by thoroughly brushing and flossing your teeth daily and eating a nutritional balanced diet.

Also keeping your regular dental visits for cleaning and check up is advisable. If any pregnant patients need a dental treatment for any condition it is recommended to be done in the second trimester. I also hear the question of

whether is it true a tooth is lost for every pregnancy? And the answer is No. This is not true. Teeth lost during pregnancy are always due to severe cavities or gum disease that was neglected for a period of time.

Frequent dental check ups are recommended during pregnancy.

Dr. El-Sherif is a professor in restorative dentistry at Tufts and Oklahoma University with a PhD in addition to being a Doctor of Dentistry. He speaks at national and international conferences around the world on implants, crowns, bridges, and cosmetic surgery.

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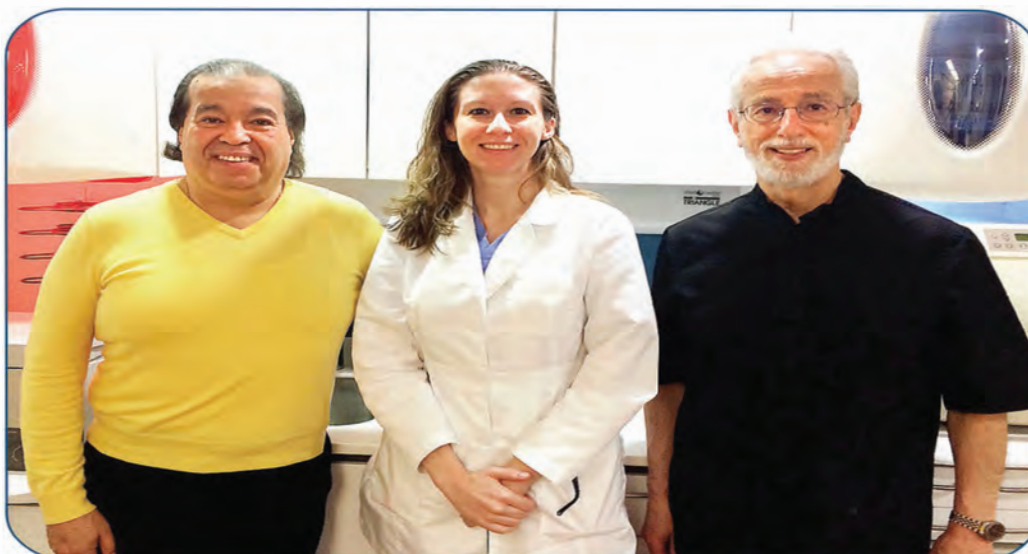
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