



Dental Care During Pregnancy

Good oral hygiene during pregnancy is encouraged. The hormones in pregnancy can contribute to an increase in saliva production causing your mouth to water more. Drinking plenty of non-sugary fluids such as water can help to alleviate your thirst.

Your gums may also swell and bleed more in pregnancy. Continue to brush your teeth and gums with a soft toothbrush, floss as usual, and be seen for your routine dental care at intervals determined by your dental provider.

If your dentist finds a problem, it is not necessary to put off dental work while pregnant. Procedures can be performed safely at your dentist's discretion using the following guidelines:

- X-rays of the mouth may be performed if the abdomen is adequately shielded with a lead shield.
- Local anesthesia such as xylocaine or lidocaine 1% or 2% with or without epinephrine is permitted.
- Antibiotics such as penicillin, cephalosporin and erythromycin may be used to treat infections. Tetracycline or its derivatives and flouroquinolones should be avoided.
- If pain medication is required to achieve adequate pain relief beyond extra-strength acetaminophen (Tylenol), acetaminophen with codeine or hydrocodone may be prescribed.

You may share this form with your dentist and if any additional information is needed, they may contact our office at 515-288-3287.