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DENTAL TREATMENT DURING PREGNANCY – PATIENT EDUCATION

This document provides a summary about dental treatment during pregnancy. Be sure to ask your dentist any specific questions related to your care.

During your first trimester of pregnancy, our focus will be on maintaining a preventative care program that will consist of plaque control and oral hygiene instructions. In addition to dental cleanings, only emergency dental needs will be considered during this trimester.

The second trimester and the first half of the third trimester is generally considered the safest time to provide dental treatment. Some simple restorative procedures and periodontal maintenance may be recommended during this time to eliminate potential problems and control active disease.

If your preventative care program continues in to your third trimester, adjustments may be needed to chair positioning to prevent lightheadedness. Periodically positioning yourself on your left side will help alleviate any faint feeling.

Dental radiographs, performed properly with the use of a lead abdominal shield, pose an extremely LOW risk to your growing baby. However, in the interest of safety, radiographs are generally postponed during pregnancy. If an emergency dental situation presents, the fewest number of images necessary to obtain the correct diagnosis will be taken.

Due to fluctuations in hormone levels, pregnant women may notice changes to their gum tissue. Your gums may appear more swollen and bleed easier. Your dentist may recommend additional dental cleanings to help manage this condition.

Morning sickness is common during pregnancy and has the potential to cause permanent damage to your tooth enamel. You should rinse your mouth with water after vomiting rather than immediately using a toothbrush and paste; as this may inadvertently remove layers of enamel softened by stomach acids.

Additional changes that may be noticed during pregnancy relate to dental health are changes in bone density that may affect your jaw bone and an increased gag reflex.

To assist with coordinating your dental care, please provide the name and contact information for your obstetrician:

Name: _____ **Phone:** _____

Please continue to provide our office with updated information regarding any changes to your medical conditions and medications, so that we can ensure that we are providing you the best care possible care during your pregnancy. **During certain times of your pregnancy and if you are considered a high risk pregnancy, you may be required to have a medical clearance from your obstetrician for dental treatment.**