

What You Need to Know About Gum Disease During Pregnancy

Gum disease during pregnancy is a serious concern for many pregnant women or those who are planning to have a baby in the near future. Good oral health is important during pregnancy because the hormonal changes in the woman's body create a higher risk of oral problems.

There are cases when a pregnant woman develops a special case of gingivitis, which is set off by the changing levels in hormones. This condition may happen during the first 3 months of pregnancy and makes healthy gums suddenly become swollen, and bleeds easily. However, the real cause of gum disease during pregnancy is plaque and not the hormones.

To prevent gingivitis and other gum disease during pregnancy, clean your teeth thoroughly and regularly. Frequent dental cleanings up until the sixth month help manage gingivitis.

The care of gums and teeth affects both the mother and the fetus. Severe gum disease during pregnancy, which progresses from untreated gingivitis, can lead to premature delivery and low birth weight.

Get an oral checkup

Dental checkups and teeth cleaning are both necessary to avoid gum disease during pregnancy. If you require dental treatment, your dentist will need to know the stage of your pregnancy and if there is any risk to your pregnancy such as the risk of miscarriage. Be sure to inform your dentist if you are taking any medication. Your dentist will tell if you should proceed with any dental treatment or if it is best to schedule it later.

When you receive treatment for gum disease during pregnancy, the dentist may prescribe certain drugs such as antibiotics. Sometimes, treatment requires anesthesia. Your dentist will determine what anesthetic and drugs are safest for you.

Watch your diet

Taking nutritious diet is important to prevent gum disease during pregnancy. Pay extra attention to your diet and make sure you get adequate amounts of nutrients that are important to your dental health and your baby's such as calcium and vitamins A and C. Avoid too much sugar in your snacks.

About the Author

Anthony Stai is a proud contributing author and writes articles on several Dental related topics including dental plans. You can see more of Anthony's other articles on his [Self-Improvement eBooks](http://www.self-improvementresources.com) informational web site located at <http://www.self-improvementresources.com>

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