

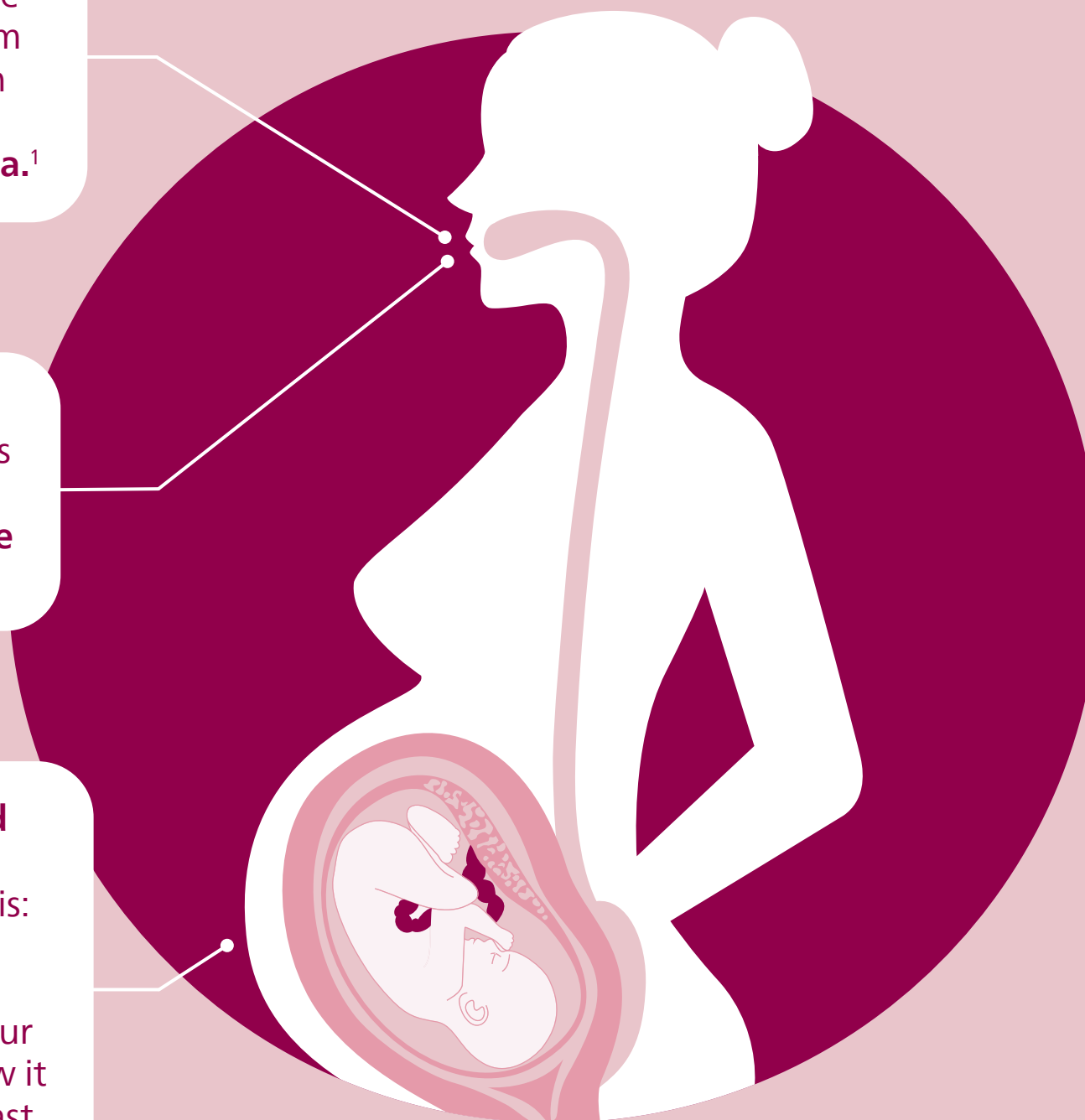
# How pregnancy can affect your oral health



During pregnancy, women can experience changes in the sticky bacteria-containing film that coats teeth, as well as an **increased concentration of disease-causing oral bacteria.**<sup>1</sup>

Both regular dental care at home and non-surgical dental procedures are safe during pregnancy – and associated with a **3.8-fold decrease in the rate of preterm delivery.**<sup>5</sup>

**Morning sickness and repeated vomiting can lead to enamel erosion and tooth decay.** Try this: Instead of brushing your teeth right after vomiting – which can damage tooth enamel – rinse your mouth with tap water and follow it up with mouth wash. Wait at least an hour before brushing teeth.<sup>4</sup>



## Protect against gingivitis

The body's rise in hormones can cause sensitive teeth or swollen and inflamed gums.

This can lead to what's called pregnancy gingivitis, which can affect babies' health.<sup>2</sup>

Studies show that **60-75% of pregnant women experience pregnancy gingivitis.**

An effective daily oral care routine during pregnancy can prevent this and may contribute to better overall health for both mom and baby.<sup>3</sup>

**Brushing well for two minutes, twice a day, is the ideal way to combat plaque and prevent pregnancy gingivitis and even more important when pregnant.**

For a more thorough clean, consider flossing and using a Philips Sonicare power toothbrush.<sup>4</sup>

#### Sources:

- <sup>1</sup> Beck, J., Papananou, P., Philips, K., & Offenbacher, S. (2019). Periodontal Medicine: 100 Years of Progress. *Journal of Dental Research*, 98(10), 1053–1062. <https://doi.org/10.1177/0022034519846113>
- <sup>2</sup> Philips Oral Healthcare. *How does pregnancy affect oral health?* Philips. <https://www.usa.philips.com/c-e/pe/oral-healthcare-articles/oral-healthcare-for-kids/pregnancy-gingivitis-and-bleeding-gums.html>
- <sup>3</sup> Philips Oral Healthcare. (2018). *Is poor oral health affecting your pregnancy?* [Infographic]. [https://www.philips.com/c-dam/b2c/category-pages/personal-care/dental-professionals/events/wohd-19/18-POHC-PR\\_0322\\_OralSystemic\\_Pregnancy-Brochure\\_WOHD\\_190205\\_JR\\_REFERENCE.pdf](https://www.philips.com/c-dam/b2c/category-pages/personal-care/dental-professionals/events/wohd-19/18-POHC-PR_0322_OralSystemic_Pregnancy-Brochure_WOHD_190205_JR_REFERENCE.pdf)
- <sup>4</sup> Philips Oral Healthcare. *Most Common Teeth Conditions & Gum Diseases During Pregnancy.* Philips. <https://www.usa.philips.com/c-e/pe/oral-healthcare-articles/oral-healthcare-for-kids/pregnancy-gingivitis-and-bleeding-gums.html>
- <sup>5</sup> Offenbacher, S., Lin, D., Strauss, R., McKaig, R., Irving, J., Barros, S. P., Moss, K., Barrow, D. A., Hefti, A., & Beck, J. D. (2006). Effects of Periodontal Therapy During Pregnancy on Periodontal Status, Biologic Parameters, and Pregnancy Outcomes: A Pilot Study. *Journal of Periodontology*, 77(12), 2011–2024. <https://doi.org/10.1902/jop.2006.060047>