

How Can Non-Oral Health Professionals Ensure Good Oral Health During Pregnancy

Oral Health



Overall health

WHY IT MATTERS FOR MOTHERS AND BABIES



Pregnancy changes increase risks for oral diseases, which can affect both mother and baby.

Common Effects of Pregnancy on Oral Health



Hormonal Changes

→ Gingivitis: red, inflamed, bleeding gums



Morning Sickness

→ Nausea makes brushing/flossing harder
→ Acid erosion of enamel



Cravings

→ Frequent sugary snacks = tooth decay



Dry Mouth

→ More decay, infections



Prevention

Brush & floss 2 × daily, fluoride toothpaste, avoid sugar

Risks of Poor Oral Health on Pregnancy

Periodontal Disease Can Lead To:

- Preterm birth / Low birth weight
- Gestational diabetes
- Preeclampsia (high blood pressure + protein in urine)

Tip: Good hygiene reduces the need for medication!

The 5-Step Framework:

1

Ask

- Are you brushing/flossing?
- Any bleeding gums, pain, or sickness?
- Have you seen a dentist recently?
- Taking any meds?
- Any access challenges?

2

Look for Signs

- Gums: red, swollen, bleeding?
- Teeth: decay, plaque, tartar?
- Restorations: damaged fillings/crowns?
- Signs of infection or oral cancer
- Watch for pregnancy tumors (benign gum growths)

3

Decide

- Gum disease? → Risk to baby
- Dental care needed? → Coordinate with dentist

4

Act

- Educate on brushing/flossing
- Recommend regular dental visits
- Avoid sugar, tobacco, alcohol
- **Refer to dentist if:**
 - o Gum disease, pain, trauma
 - o Poor hygiene
 - o Pre-existing conditions (diabetes, cancer, etc.)

5

Document

- Past/current oral issues
- Hygiene habits
- Pregnancy details
- Dental treatments/medications
- Referrals & follow-ups

Healthy Mouth, Healthy Baby

Protect both lives by promoting good oral hygiene during pregnancy!

Learn More: [whole-body-health.fdiworlddental.org](https://www.fdiworlddental.org/whole-body-health)