

Relationship between Oral Health and Pregnancy complications

Being pregnant can increase your risk for oral health problems, and these problems can affect your pregnancy. For example, some studies show a link between gum disease and premature birth. Preterm birth is birth that happens too early, before 37 weeks of pregnancy.

<https://www.cdc.gov/oralhealth/publications/features/pregnancy-and-oral-health.html>

Pregnant patients must be educated about the importance of maintaining good oral hygiene, expected changes in the oral cavity and routine dental visits. Dental health professionals must be aware of updation of pregnancy related conditions and their proper management without harming the patient and fetus. Considering the best level of patient's care, referral and consultation to patient's gynecologist's or physician should be considered.

<https://www.sciencedirect.com/science/article/pii/S2352003515000404>

Unfavourable beliefs about oral health and dental care utilization are common among pregnant women and new mothers. The literature suggests that a low level of oral health knowledge and seeking information from social networks can contribute to such beliefs. This has implications for health promotion.

<https://bmcoralhealth.biomedcentral.com/articles/10.1186/s12903-023-03439-4>

During pregnancy, oral and dental care requires special attention. Oral health is a part of general health, and it is of even greater importance during this period because it concerns both the mother and the fetus.

It should also be kept in mind that neglecting oral and dental health during pregnancy does not only cause problems such as tooth decay and tooth loss but may also lead to problems such as premature birth, low birth weight infant, and pre-eclampsia. Pregnancy is a period in which the mother must obey certain rules in order to protect her health and her baby's' health. In this period, mothers can protect their oral health by taking the necessary precautions and then they can prevent dental problems that may be irreversible.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6883753/>

However, the second trimester is the safest trimester in which to get dental treatment. The third trimester is safe, but the patient might have a hard time laying back for extended period of time. For the most part, there is no medical need to defer most common dental treatments until after pregnancy.

<https://utswmed.org/medblog/pregnancy-dentist/#:~:text=However%2C%20the%20second%20trimester%20is,dental%20treatments%20until%20after%20pregnancy.>

