

Tooth Talk

“Hey Doc, I am pregnant! My gum is bleeding more and I am vomiting frequently! Am I going to lose my teeth?”

During pregnancy, it is common for women to experience hormonal changes. Therefore, their gums can become red and inflamed and bleed more easily. This is due to changes in mouth bacteria that feed on the extra hormones released during pregnancy, and in the increase of fluid levels in the body as the pregnancy progresses.

To help reduce gum bleeding and to control the level of bacteria that can potentially destroy the gum and bone around the teeth during pregnancy, it is important for pregnant women to maintain good daily home care. It is also advisable to obtain regular professional dental cleanings in order to reduce the gum inflammation.

For those pregnant women who encounter frequent morning sickness, it is a good idea for them to rinse with water after they vomit. If vomiting is severe, a neutralizing rinse made by adding a teaspoon of baking soda to room-temperature water can be helpful to neutralize the stomach acid.

It is also important to remember not to brush immediately after vomiting as brushing right after vomiting can push the acids into the teeth, weakening the enamel on the surface of the teeth and making the teeth more prone to decay.

There is a myth that a woman loses one tooth for every pregnancy. The reality is that it is simply not true! The calcium needed to make the baby's teeth comes from the mother's diet, not from her own teeth.

However, if a pregnant woman does not get enough calcium from her dietary intake, her body will provide this mineral from the calcium in her bones, thereby putting her bones at risk.

It is important that a woman maintains a well-balanced diet during pregnancy, consuming a wide variety of fruits, vegetables, and dairy products to keep herself and the baby healthy.



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