



exists to enhance the
quality of life for all affected
by bleeding disorders

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ORAL HEALTH & PREGNANCY

***This information sheet in no way constitutes medical or dental advice. Always consult your Hemophilia Treatment Center (HTC) or Hematologist's office before seeking any treatment.**

If you have a bleeding disorder you will want to take special care of your teeth and gums when you are pregnant. Pregnancy alone does not cause dental problems. Good dental care and oral hygiene before pregnancy will prevent most problems. If you have not had a preventive dental visit for a long time or you do not have a dentist, ask your HTC or Hematologist for a referral.

Common oral health challenges faced during pregnancy:

Vomiting:

- Morning (and sometimes all day sickness) can result in dental caries. When you vomit, the acid from your stomach coats your teeth. This acid will soften the enamel resulting in dental caries.
- First: Do Not Brush! Rinse with water & light baking soda to reduce the acid in your mouth, followed by rinsing with a fluoride rinse. These are available without a prescription. The fluoride will help reverse enamel damage from the stomach acid.
- Second: Wait about an hour and gently brush your teeth. Use a soft tooth brush and a fluoride toothpaste. If you have a gagging problem, use a small child's toothbrush and "pant" while brushing.

Food Craving:

- Cravings can increase your intake of foods high in sugar like candy, cookies, and sweet drinks and will increase your risk of dental decay.
- Brush several times a day and rinse with a fluoride mouth rinse to help prevent decay.
- Chewing gum with xylitol can also help prevent tooth decay.

Gingival bleeding (gum bleeding):

- Gingival bleeding is NOT caused by your bleeding disorder.
- About half of pregnant women have swollen, red, tender gums that bleed when flossed or brushed. This gum inflammation known as pregnancy gingivitis, is mild form of gum disease.
- Pregnancy gingivitis is partly caused by hormonal changes that make your gums more sensitive to the bacteria in plaque.
- Pregnancy gingivitis can be prevented or minimized with thorough oral hygiene including brushing and flossing. Including an antibacterial mouth rinse may also be helpful.
- If you are experiencing significant gingival bleeding, be sure to report this to your HTC or hematologist and your obstetrician. Make an appointment with your dentist. In the rare case of very severe bleeding your dentist may refer you to a periodontist (gum specialist).

What can I do to prevent dental decay?

- Fluoride is an important mineral found in water that strengthens tooth enamel and prevents dental decay.
- Breast milk has very low levels of fluoride. If you are supplementing breast feeding with formula, mix the formula with fluoridated water. Check premixed formula labels for fluoride. **Do not give baby additional fluoride.**
- Be sure to schedule baby's first dental visit at age 6 months.