



Dr Grant McAree

Ask Dr. Grant



DR GRANT IS ONE OF THE LEADING COSMETIC DENTISTS IN THE SOUTH WEST AND HAS TREATED PATIENTS FROM ACROSS THE REGION AND BEYOND. HIS MAIN SOURCE OF NEW PATIENTS IS THROUGH WORD-OF-MOUTH REFERRALS

Teeth during pregnancy – what’s the story?

What are we talking about?

How to look after your teeth and gums during pregnancy and also after giving birth. The significant changes to your body understandably mean you should take extra care of your overall health, but don't forget that also includes your oral health. Similarly, eating healthily while pregnant is also important in order for your baby's teeth to develop properly.

Will pregnancy damage my teeth?

It's a myth that pregnancy automatically causes dental problems through a lack of calcium or that you'll lose a tooth for every child you have. However, you should naturally be more aware of your vitamin and mineral intake and take supplements as advised by your doctor or midwife.

What about my gums?

You may find your gums bleed more easily during pregnancy, after the baby is born and also when you stop breast feeding due to hormonal changes, so it's important to go for frequent hygiene appointments for regular cleaning and advice on maintaining a good oral hygiene routine at home.

Should I tell my dentist if I'm pregnant?

Yes. Some dental treatments may have to wait until after the birth. In most cases, X-rays should be avoided, especially in the first trimester. If you have an NHS dentist or one willing to accept you as an NHS patient, you'll be entitled to free NHS routine dental treatment while pregnant and up to your baby's first birthday.

Is dental treatment safe during pregnancy?

Yes. There should be no problems with routine treatment. If you're not sure what your treatment would involve, discuss all options with your dentist. The Department of Health advises that you should not have amalgam fillings replaced or new ones put in until after your baby is born.

“TO ME, LIFE IS TOUGH ENOUGH WITHOUT HAVING SOMEONE KICK YOU FROM THE INSIDE.”
– RITA RUDNER

Brushing my teeth makes me feel sick!

If putting a brush in your mouth makes you retch or actually be sick, there's an easy solution: just spread toothpaste around your teeth with your finger, but be sure to spit it out and rinse as normal.

Any final tips?

If you suffer from morning sickness, rinse your mouth out with water to prevent the acid in the vomit attacking your teeth and causing enamel erosion. Try to get all dentistry done before you're heavily pregnant as the chair may not be comfortable. If you have sweet cravings, go steady as grazing on sweet things leaves your teeth constantly under attack from plaque acid. As ever, find a dentist you can trust. **DL**

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