



LS Dental

Ipoh · Dr. Kent Teoh

PATIENT GUIDE

Your mouth during pregnancy

Hormones make gums bleed more, and morning sickness is hard on teeth. Dental care is safe — and matters for both of you.

● **Bleeding gums**

● **A gum lump**

● **Safe treatment**

Pregnancy hormones reach your gums

Rising **hormones** make your gums react much more strongly to the usual plaque, so they swell and bleed more easily. Add **morning sickness** and more frequent snacking, and the mouth needs a little extra care.

HORMONES

Gums become more sensitive to plaque — **swollen, tender, bleeding** gums are very common in pregnancy.

MORNING SICKNESS

Stomach acid from vomiting can **wear at enamel** — how you look after teeth afterwards matters.

SNACKING & CRAVINGS

Eating little and often, especially sweet or sour, gives decay **more chances** — rinse and keep up cleaning.

DRY MOUTH & REFLUX

Some feel drier or get reflux later on — both nudge up the risk of decay and erosion.

Good to know: these changes are normal and usually settle after birth — especially with good cleaning and a dental check.

Bleeding gums & a gum lump

Two common, usually harmless changes — both driven by hormones plus plaque, and both improve with cleaning and after the baby arrives.

PREGNANCY GINGIVITIS

Red, puffy gums that **bleed when you brush**. Very common, and it responds well to careful brushing, flossing and a professional clean.

- Worst around the 2nd–8th month
- Don't stop brushing because it bleeds
- Keeping gums healthy is worth it for both of you

PREGNANCY GUM LUMP

A small red lump on the gum that **bleeds easily** (a "pregnancy tumour" — not cancer). It's harmless.

- Usually appears between teeth
- Often shrinks or goes after birth
- Removed only if it's sore or in the way

When to check sooner: a lump that bleeds a lot, pain, loose teeth, or gums that keep worsening — have them looked at.

Dental care during pregnancy

Routine dental care is **safe and encouraged** in pregnancy — and treating problems early is safer than leaving them. Always tell your dentist you're expecting.



Cleanings & check-ups

safe at any stage — and important



Fillings & needed treatment

best in the middle months (2nd trimester)



Local anaesthetic

used safely so treatment is comfortable



X-rays when needed

with shielding — low dose, aimed at the mouth

Myth check: "a tooth for every baby" is **not** true — you don't have to lose teeth. Good care keeps them healthy through pregnancy.

Look after **both** of you

A few simple habits protect your teeth and gums — and healthy gums are linked to a healthier pregnancy.



Brush 2× a day, floss daily
fluoride toothpaste; be gentle if gums bleed



After morning sickness
rinse with water; wait before brushing



Smart snacks
water and cheese/veg over sweets & fizzy drinks



Keep your dental visit
a clean and check-up during pregnancy

Expecting? Book a pregnancy dental check.

A gentle clean and check keeps your gums healthy for you and your baby — tell us how far along you are.



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