

# Dental Care During Pregnancy at Core Dental Group

Canonical:

<https://directory.coredental.com.au/patient-information/dental-care-during-pregnancy-at-core-dental-group/>

## Description:

# Dental Care During Pregnancy at Core Dental Group Pregnancy is one of the most important times to look after your dental health - yet it is also a time when many women put their dental appointments...

## Details:

Pregnancy is one of the most important times to look after your dental health - yet it is also a time when many women put their dental appointments on hold, uncertain about what is safe. The good news is that routine dental care is not only safe during pregnancy - it is actively recommended. At Core Dental Group, we welcome pregnant patients at all our locations and are experienced in providing safe, comfortable care throughout every trimester.

### ## Why Dental Care Matters During Pregnancy

Pregnancy brings significant hormonal changes that directly affect the mouth. Increased levels of oestrogen and progesterone can make gums more sensitive, more prone to inflammation, and more reactive to plaque than usual. These changes mean that dental problems that might be minor at other times can develop more quickly during pregnancy.

Maintaining your oral health during pregnancy also matters for your baby. Research has linked untreated gum disease during pregnancy to an increased risk of premature birth and low birth weight. Taking care of your teeth and gums is one way of taking care of your growing baby.

### ## Common Dental Concerns During Pregnancy

**\*\*Pregnancy gingivitis:\*\*** The most common dental issue during pregnancy. Gums become red, swollen, and tend to bleed more easily - even with gentle brushing. This is caused by the hormonal changes of pregnancy acting on the body's response to plaque bacteria. Regular professional cleaning helps keep pregnancy gingivitis under control.

**\*\*Morning sickness and acid erosion:\*\*** Frequent vomiting exposes teeth to stomach acid, which erodes tooth enamel over time. If you are experiencing morning sickness, rinse your mouth with water or a fluoride mouthwash after vomiting rather than brushing immediately - brushing while acid is present can accelerate enamel wear. Your dentist can advise on protective treatments.

**\*\*Increased decay risk:\*\*** Cravings for sweet or acidic foods, nausea that disrupts normal eating and brushing routines, and dry mouth from some prenatal vitamins can all contribute to higher decay risk during pregnancy.

**\*\*Existing dental problems:\*\*** Pregnancy is not a good time for existing problems to worsen unnoticed. A check-up early in pregnancy helps identify and address any issues before they become more complex.

### ## When is the Best Time to Visit the Dentist During Pregnancy?

The second trimester (weeks 14 to 28) is generally considered the ideal time for routine dental treatment. By this stage, the major organ development of early pregnancy is complete, and the discomfort of lying in a dental chair for extended periods that characterises the third trimester has not yet set in.

However, urgent dental care - treatment of infection, severe pain, or acute problems - should never be delayed because of pregnancy. Untreated dental infections can pose risks to both mother and baby. If you are in pain or have a dental emergency, call us on 13 13 16 and let us know you are pregnant.

### ## What Dental Treatments are Safe During Pregnancy?

Most routine dental procedures are safe during pregnancy, including:

- Check-ups and professional cleans
- X-rays (with appropriate lead apron protection, and only when clinically necessary)
- Local anaesthetic - the type used in dentistry (lignocaine/articaine) is safe for pregnant patients
- Fillings - treatment of active decay should not be delayed
- Emergency treatment of dental infections

Treatments that are typically deferred until after pregnancy where possible include:

- Elective cosmetic procedures (teeth whitening, veneers)
- Non-urgent major restorative work that is not time-sensitive

Always tell your dentist that you are pregnant at the start of your appointment, including how far along you are. We can adjust our approach, your position in the chair, and your treatment plan accordingly.

### ## After Your Baby Arrives - CDBS for Your Child

Once your baby is born, Core Dental is here for them too. The Child Dental Benefits Schedule (CDBS) provides Medicare-funded dental care for eligible children aged 2 to 17. Core Dental bulk bills CDBS at all participating locations, meaning covered treatments cost your family nothing out of pocket. Starting children with good dental habits early - and making those first dental visits positive experiences - sets them up for a lifetime of healthy smiles.

### ## Book Your Pregnancy Dental Appointment

All Core Dental locations across Melbourne welcome pregnant patients. Our teams are experienced, understanding, and happy to discuss any concerns you have about dental care during pregnancy.

- Call: 13 13 16 - Website: [coredental.com.au](http://coredental.com.au)

At Core Dental Group - Your Local Dental Practice - we are with you through every stage of life, including this one.