

Lakewood Ranch Dental

“Committed to Excellence in Dentistry”

Caring for your smile while you're expecting...

Are you currently pregnant or plan on adding to your family in the near future?? Congratulations!! This will be an exciting and busy time in your life and it is important to not lose sight of your oral health. Pregnancy may cause unexpected oral health changes due to hormones – mainly an increase in estrogen and progesterone- which and exaggerate the way in which gum tissues react to plaque. When plaque isn't removed, it can cause gingivitis (red, swollen, tender gums that are more likely to bleed). “Pregnancy Gingivitis” affects most pregnant woman to some extent and generally begins to surface as early as the second month of pregnancy. Besides causing symptoms like swollen or bleeding gums, gum disease has also been linked with certain pregnancy complications, like premature birth. If left untreated, gingivitis can lead to periodontitis, a more serious form of gum disease that also includes bone loss. You can prevent gingivitis by keeping your teeth clean, especially near the gumline. To ensure that your smile stays healthy during your pregnancy, and that your baby stays safe, we recommend the following:

Oral health
and
pregnancy

- Good Nutrition keeps the oral cavity healthy and strong. Enjoy a balanced and nutritious diet. Foods that are processed or sugary will increase your chances of developing gum disease or cavities.
- Clean your smile regularly (at least two times a day), focusing special attention to your gumline. Gum disease is caused by the accumulation of bacteria and plaque along the gums.
- Keep up on your dental appointments with your hygienist. If you need dental treatment make sure you also discuss with your OB/GYN and dentist when the best time to schedule.

Give your little one the best possible start! With preventive brushing and flossing, you're already well on your way!! If you have questions about the connection between pregnancy and gum disease, don't hesitate to call.



A Reminder to Like us on Facebook

For those who haven't liked our Facebook page..... please do ☺ It's a fun way that allows people to stay connected. Make sure you like us and continue to follow as we have free giveaways! We also post important dental education material, dental facts, funny content, and much more. We love involving ourselves in community affairs and enjoy sharing the latest update about our office on Facebook.

We are easy to find just search:

Lakewood Ranch Dental



BACK TO SCHOOL CHECKLIST

- BACKPACK
- PENCILS
- HAIRCUT
- DENTAL CHECKUP

Appointments book up fast
Call today #941-907-8300

Oral health is an important part of overall physical health. Lakewood Ranch Dental encourages parents to make their children's dental appointments as part of their children's back-to-school preparation. Dental appointments are easier to keep when they are scheduled in advance before your child's calendar fills up with classes, after-school programs, etc... Call today #941-907-8300.

Best wishes for a successful and happy school year!!



CALL US TODAY: 941-907-8300

www.LakewoodRanchDental.com