



TEXAS
Health and Human
Services

**Texas Department of State
Health Services**

Dental Care for Pregnant Women is Safe and Smart: So Why Aren't We Doing It?

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Texas Department of State Health Services

DENT ECHO
May 20, 2021

What I'll Cover

- Why does oral health for pregnant women matter?
- Concerns about treating pregnant women
- What is safe? Says who?
- Oral health of pregnant women in Texas
- What do we do?

Why does oral health for pregnant women really matter?

For Mother

- Pregnancy-related gingivitis
- Tooth erosion from hyperemesis gravidarum and GERD
- Pregnancy granulomas
- Tooth mobility
- Dental caries and periodontal disease

For Baby

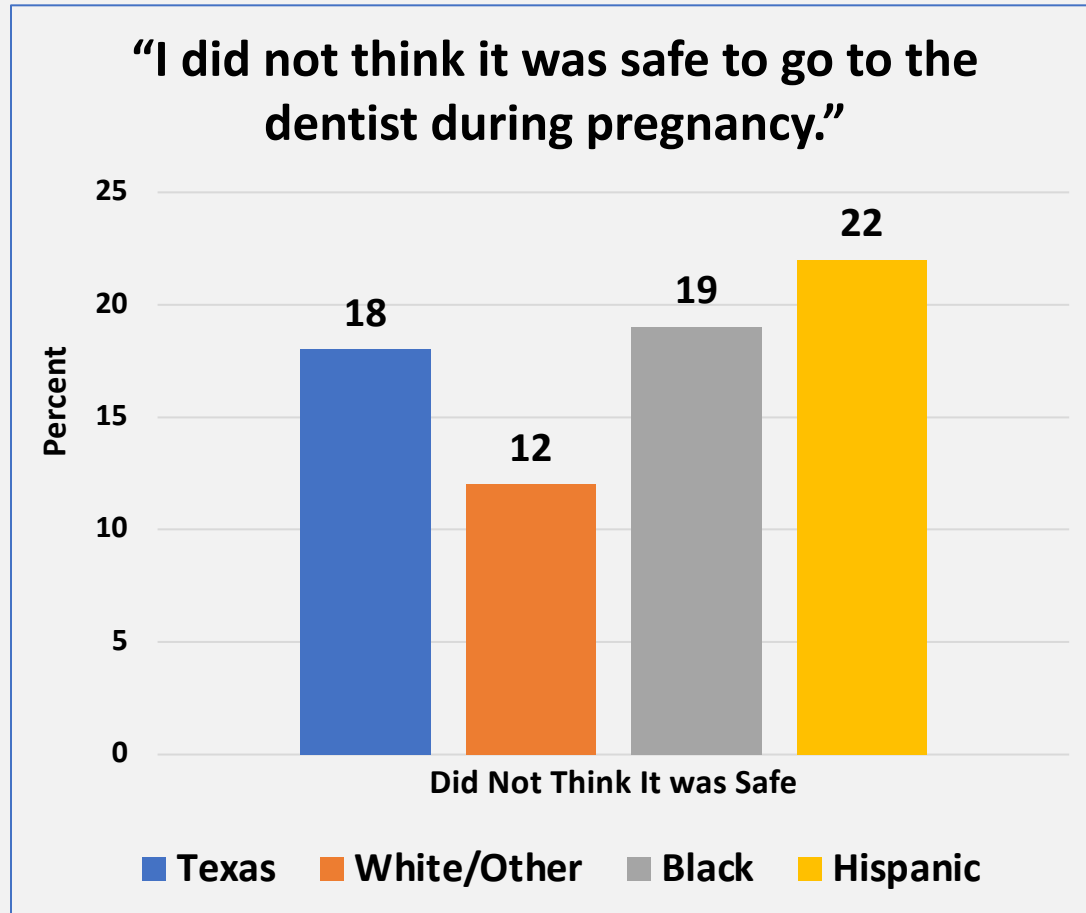
- *Association* between maternal periodontal disease and preterm birth and LBW
- Vertical transmission of caries-causing bacteria from mother to child
- Pregnancy is a teachable moment for both mom's oral health and baby's

So why do we hesitate to treat them?



- **Pregnant women are scary!**
(there's a baby in there)
- We were taught to only provide treatment during pregnancy if it was a true emergency
- Women have miscarriages and deliver babies with severe problems—we *do not* want to be connected to that

We are scary, too!



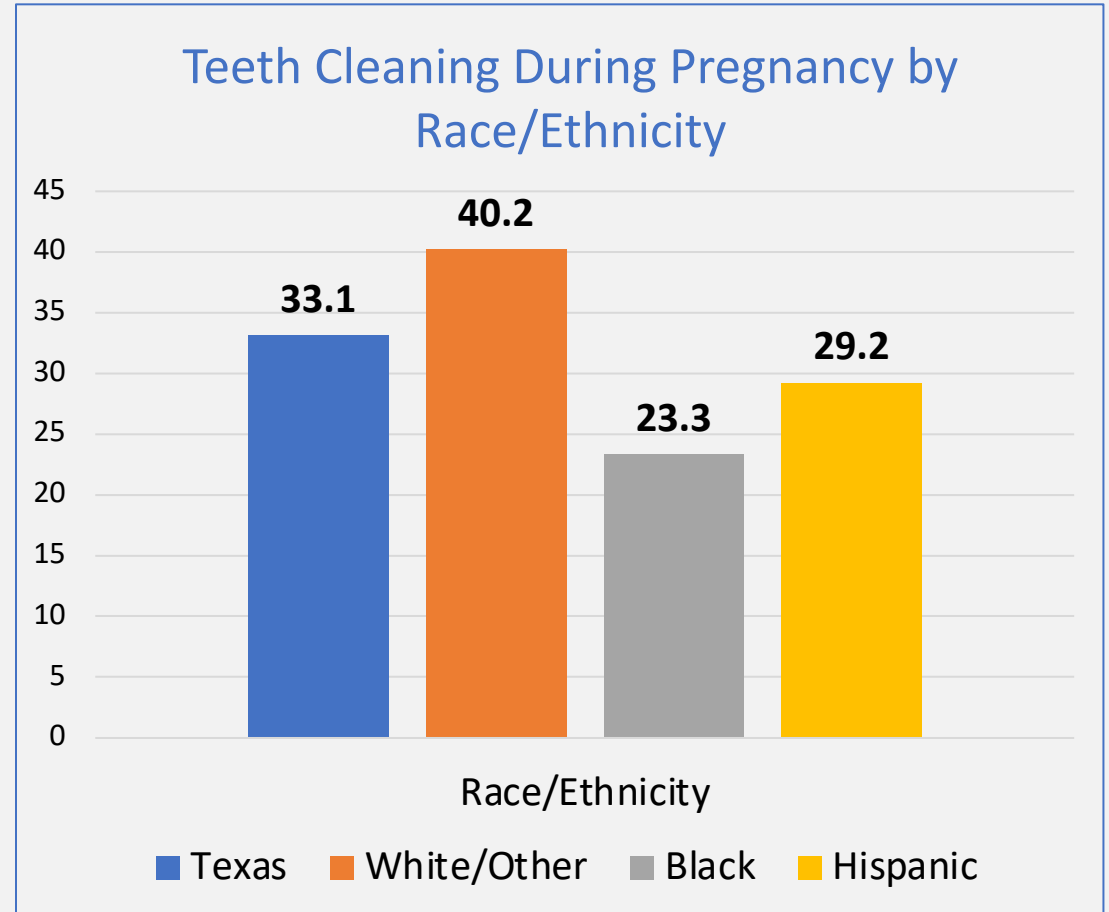
Perinatal Oral Health

In 2017, only **33.5%** of Texas women had their teeth cleaned during their most recent pregnancy.¹



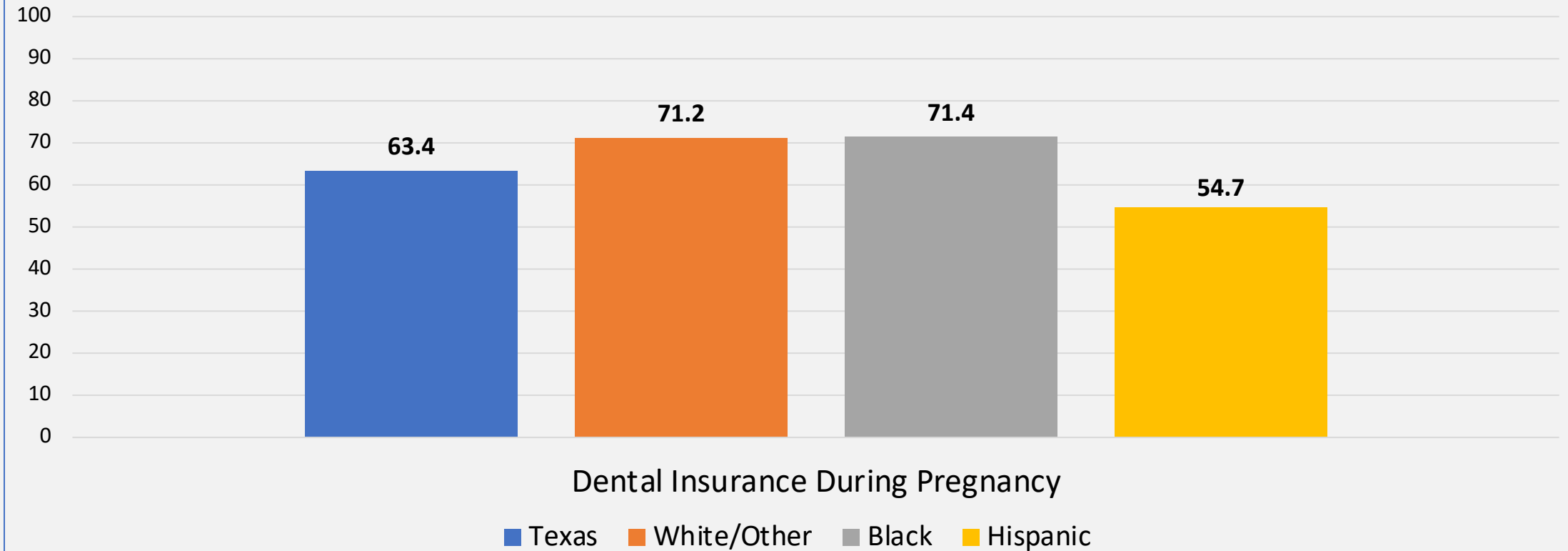
¹ Texas PRAMS 2017. Data prepared by the DSHS Maternal and Child Epidemiology Unit, May 2019

Texas PRAMS Data



Texas PRAMS Data: Dental Insurance

“I had insurance to cover dental care during my pregnancy.”



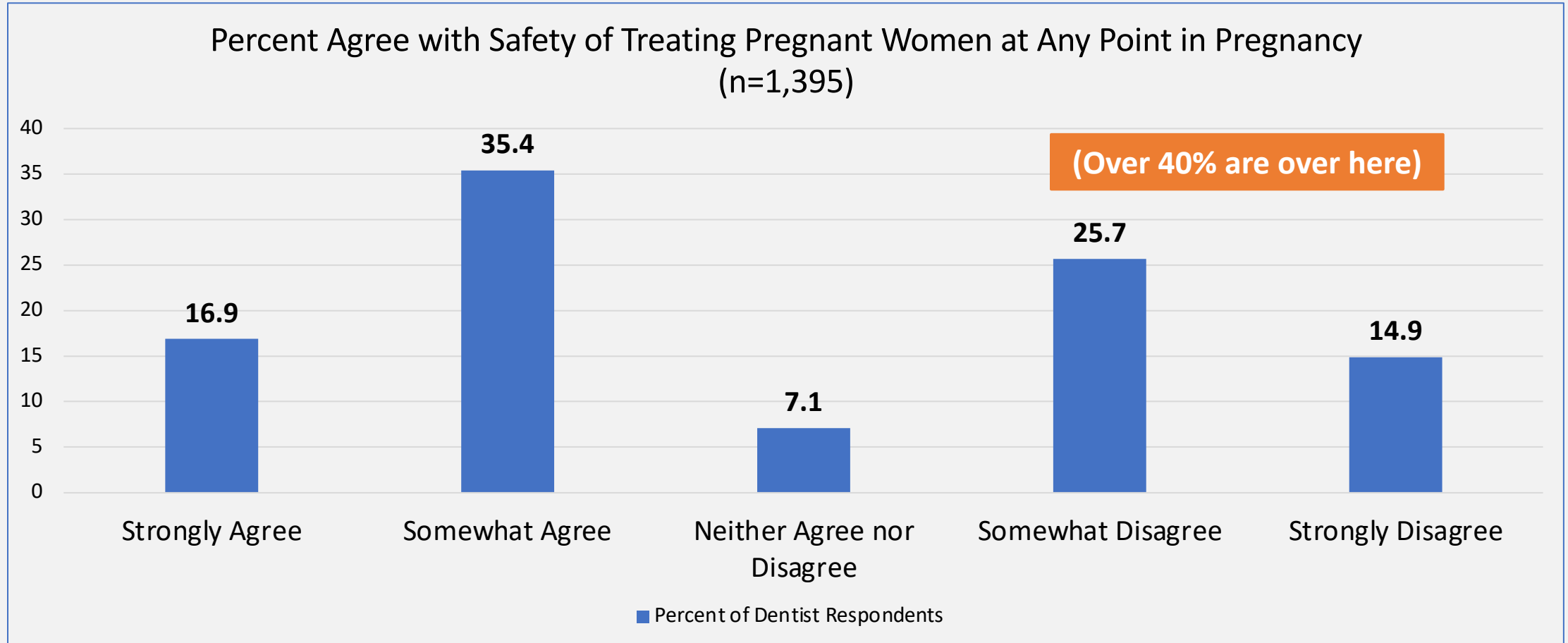
How do dentists feel about treating pregnant women?



Texas Dentist Perinatal and Infant Knowledge and Attitudes Survey 2018

- Administered by Texas A&M Public Policy Research Institute
- 14,917 email requests
- 1,589 participants
- 10.7% response rate

Texas Dentists Survey: Results



Source: DSHS Texas Dentist Perinatal and Infant Knowledge and Attitude Survey 2018



**Dental care is safe and smart for
pregnant women.**

Says who?

- ACOG: American College of Obstetricians and Gynecologists
- Committee Opinion: Oral Health Care During Pregnancy and Throughout the Lifespan

THIS!

- Reassure patients that prevention, diagnosis, and treatment of oral conditions, including dental X-rays (with shielding of the abdomen and thyroid) and local anesthesia (lidocaine with or without epinephrine), are safe during pregnancy.
- Inform women that conditions that require immediate treatment, such as extractions, root canals, and restoration (amalgam or composite) of untreated caries, may be managed at any time during pregnancy. Delaying treatment may result in more complex problems.

<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2013/08/oral-health-care-during-pregnancy-and-through-the-lifespan>

American Dental Association

“Regular and emergency dental care, including the use of local anesthetics and radiographs, is safe at any stage during pregnancy.”

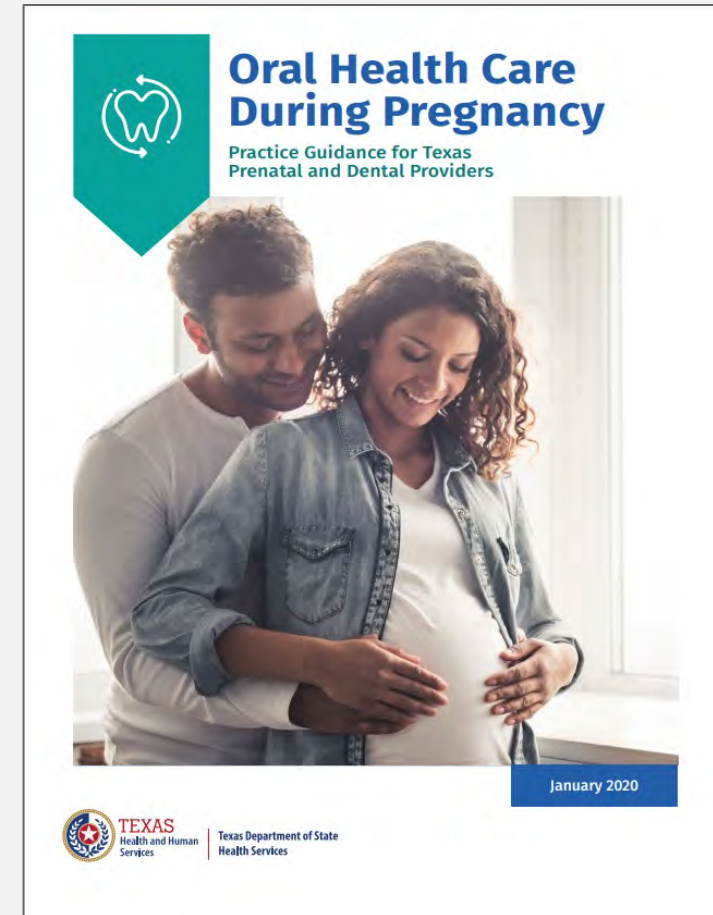
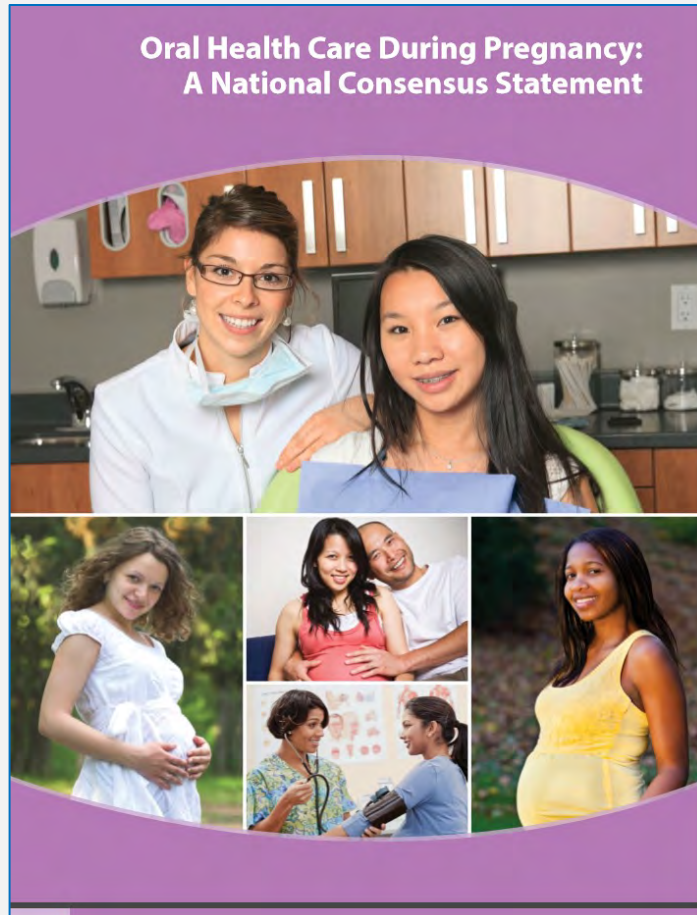
“Resolved, that the ADA acknowledges that preventive, diagnostic and restorative dental treatment to promote health and eliminate disease is **safe throughout pregnancy** and is effective in improving and maintaining the oral health of the mother and her child.”

*American Dental Association
Adopted 2014, Last updated: May 4,
2021*

ADA American Dental Association®
America's leading advocate for oral health

<https://www.ada.org/en/member-center/oral-health-topics/pregnancy>. Accessed 5/18/21.

Prenatal Dental Care Practice Guidance



Left: Oral Health Care During Pregnancy Expert Workgroup. 2012. Oral Health Care During Pregnancy: A National Consensus Statement. Washington, DC: National Maternal and Child Oral Health Resource Center.

Right: Oral Health Improvement Program. 2019. Oral Health Care During Pregnancy: Practice Guidance for Texas Prenatal and Dental Providers. Austin, TX: Department of State Health Services, Oral Health Improvement Program.

Pharmacological Cheat Sheets

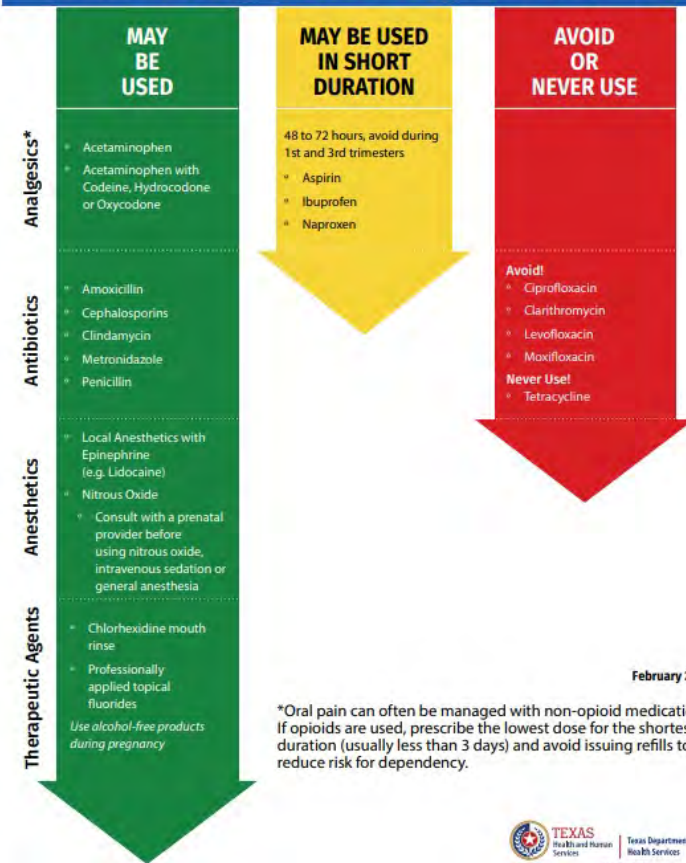
Pharmacological Considerations for Pregnant Women

The pharmacological agents listed below are to be used only for indicated medical conditions and with appropriate supervision.

Pharmaceutical Agent	Indications, Contraindications, and Special Considerations
Analgesics	
Acetaminophen	May be used during pregnancy. Oral pain can often be managed with non-opioid medication. If opioids are used, prescribe the lowest dose for the shortest duration (usually less than 3 days), and avoid issuing refills to reduce risk for dependency.
Acetaminophen with Codeine, Hydrocodone, or Oxycodone	
Codeine	
Meperidine	
Morphine	
Aspirin	May be used in short duration during pregnancy; 48 to 72 hours. Avoid in 1st and 3rd trimesters.
Ibuprofen	
Naproxen	
Antibiotics	
Amoxicillin	May be used during pregnancy.
Cephalosporins	
Clindamycin	
Metronidazole	
Penicillin	
Ciprofloxacin	Avoid during pregnancy.
Clarithromycin	
Levofloxacin	
Moxifloxacin	
Tetracycline	Never use during pregnancy.
Anesthetics	
	Consult with a prenatal care health professional before using intravenous sedation or general anesthesia. Limit duration of exposure to less than 3 hours in pregnant women in the third trimester.
Local anesthetics with epinephrine (e.g., Bupivacaine, Lidocaine, Mepivacaine)	May be used during pregnancy.
Nitrous oxide (30%)	May be used during pregnancy when topical or local anesthetics are inadequate. Pregnant women require lower levels of nitrous oxide to achieve sedation; consult with prenatal care health professional.
Antimicrobials	
	Use alcohol-free products during pregnancy.
Cetylpyridinium chloride mouth rinse	May be used during pregnancy.
Chlorhexidine mouth rinse	
Xylitol	

Table updated 2017.

Dental Pharmacological Considerations for Pregnant Women



Texas Department of State Health Services
DHIP-079 January 2020

Pharm Cheat Sheet: Closer Look

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Pharm Cheat Sheet: Closer Look

Antibiotics	
Amoxicillin	May be used during pregnancy.
Cephalosporins	
Clindamycin	
Metronidazole	
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Ciprofloxacin	Avoid during pregnancy.
Clarithromycin	
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Pharm Cheat Sheet: Closer Look

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Resources!

National Maternal and Child Oral Health Resource Center

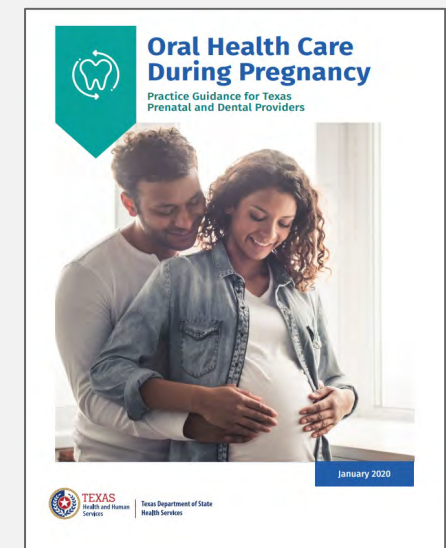
<https://www.mchoralhealth.org/PDFs/OralHealthPregnancyConsensus.pdf>

DSHS Smiles for Moms and Babies

<https://www.dshs.texas.gov/dental/pdf/TX-DSHS-OHIP-Perinatal-Guide-Final-AccessibleForm.pdf>

<https://www.dshs.texas.gov/dental/Provider-Info-Pregnancy.aspx>

Dental@dshs.texas.gov



Take Home Message

- Dental care for pregnant women is safe, important and recommended.
- Do not postpone dental treatment.



Thank you!

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