

孕婦口腔衛生常識



懷孕期間，孕婦特別容易出現牙肉紅腫及刷牙時牙肉出血，這現象稱為「妊娠期牙齦炎」。這是由於孕婦的荷爾蒙分泌產生了改變，令牙肉對牙菌膜產生過度的反應。

孕婦不用對這情況過於擔心，只要早、晚適當地使用含氟化物牙膏刷牙，並用牙線徹底清除牙菌膜，便可以預防「妊娠期牙齦炎」，也可治療輕微的牙齦發炎。

由於孕婦的飲食習慣可能發生改變，變得較為偏愛吃甜酸食物或容易嘔吐，酸性食物和嘔吐物會直接侵蝕牙齒外層，導致牙齒敏感，也令蛀牙的機會增加。此時孕婦應避免進食甜酸食物，可使用防敏感牙膏刷牙，注意日常口腔衛生，有需要時更可請教牙科醫生及接受適當的治療。

至於胎兒吸取的鈣質，主要是來自母親日常的飲食，也有少部分來自母親的骨骼，但不會吸收母親牙齒的鈣質。因此，胎兒是不會令孕婦的牙齒變差，而孕婦的牙齒較易蛀壞是由於飲食習慣的改變。

孕婦患牙患的機會一般都比較高，牙醫建議孕婦最宜於懷孕四至六個月期間進行口腔檢查，因為這時期胎兒比較穩定，緊記在接受檢查時通知醫生已經懷孕。如非必要，醫生會避免替孕婦拍X光片，也會儘量安排在產後才進行複雜的治療。

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Oral Health for Expectant Mothers

During pregnancy, an expectant mother may find she easily develops gingival inflammation and gingival bleeding when brushing her teeth. This is known as "Pregnancy Gingivitis" and is due to the hormonal changes that exaggerate the response of gingival tissues to plaque bacteria.

The phenomenon is relatively common and can be prevented by effectively brushing teeth twice a day' in the morning and before bed. Also, use of dental floss daily will help to remove dental plaque, which can promote healing of mild gingival inflammation.

Expectant mothers often prefer acidic food and may vomit easily. Both erode the enamel on teeth and cause tooth sensitivity. Expectant women should avoid eating sweet and sour food. Using desensitising toothpaste may help. Maintaining good oral health is important, as are regular visits to the dentist.

Also, a foetus gets its calcium from the normal diet of the expectant mother and to a lesser extent, from the mother's bone. The foetus does not absorb calcium from the mother's teeth. The increased risk of dental caries during pregnancy is mainly due to changes in diet.

Dentists suggest that expectant mothers have a dental check at the fourth and sixth month of pregnancy. The dentist should be informed about the pregnancy so that x-rays will only be done if absolutely necessary. Any complicated procedures will not be done until after the child is born.

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