

# The Importance of Oral Health during Pregnancy for Preventing Gingivitis: A Case Report

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## Abstract

Pregnancy is a transient physiological condition which brings about different changes in all parts of woman's body.

These complex physiological changes can affect woman oral health and compromise that of the unborn child: the maintenance of optimal conditions of the oral cavity of the woman is crucial for the best outcome of pregnancy and for the promotion of the oral health of the unborn child.

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## **Conclusion**

Dental procedures during pregnancy are safe and necessary: every pregnant woman should be assessed for dental hygiene habits and oral problems. The maintenance of optimal conditions of the oral cavity of the woman is crucial for the best outcome of pregnancy. Good oral hygiene, brush twice a day and floss once a day, good nutrition, regular visits to the dental hygienist can prevent gingivitis in early stages.

## **Conflict of Interest**

We declare that we have no conflict of interest.

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