

## CORRESPONDENCE

## Simplified Protocol to be Followed in Dental Management of Pregnant Women: Indian Perspective

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Sir,

Oral health counseling and dental examinations should be made mandatory for pregnant women. Second trimester is considered as the safest phase to do emergency and elective dental treatment procedures such as dental extractions, periodontal surgeries and root canal treatment.<sup>1</sup> Left lateral supine position is the ideal position for treating pregnant women in dental set up. Dental amalgam is the most common restorative material used in dentistry and it was recommended that pregnant women should postpone having dental amalgam filling placed or removed during pregnancy to avoid its harmful effect on the foetus.<sup>2</sup> The pregnant women can either go for aesthetic restorations such as glass ionomer and composite.

Clinically, the pregnant woman with dental erosion caused by prolonged pregnancy-induced vomiting will present with hypersensitivity of palatal surfaces of teeth. The dental erosion will be managed initially with monovalent and polyvalent fluorides as toothpastes, solutions, rinses, varnishes and gels and finally with adhesive techniques.<sup>3</sup>

Dental radiographs can be taken during all the trimesters of pregnancy if standard radiation hygiene protocols are followed.<sup>4</sup> In dental infections, paracetamol is the preferred analgesic of choice and amoxicillin, cephalosporin and clindamycin are the antibiotics of choice for pregnant women.<sup>4</sup> The local anaesthesia of choice for dental procedures for pregnant women is lignocaine with adrenaline.<sup>4</sup>

Good plaque control measures (regular tooth brushing, flossing the interdental areas, supragingival scaling (removing dental plaque and calculus by dental professional) should be instituted to minimize gingivitis in

pregnant women. It is important that all pregnant women with periodontitis have to initiate periodontal treatment (scaling and root planning procedures).<sup>5</sup>

Oral pregnancy tumor seen in 2nd and 3rd trimester of pregnancy has to be surgically excised if it interferes with mastication.<sup>1</sup> Proper oral hygiene, removal of dental plaque and use of soft toothbrushes are very important to avoid occurrence of a pregnancy tumor.<sup>6</sup> This is the simple protocol to be followed in dental management of pregnant women.

### Conflict of interest

No potential conflict of interest relevant to this article was reported.

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