Oral Health Care During Pregnancy: A National Consensus Statement

Summary of an Expert Workgroup Meeting
Oral Health Care During Pregnancy: A National Consensus Statement

Summary of an Expert Workgroup Meeting

October 18, 2011
Georgetown University Hotel and Conference Center
Washington, DC 20007

Sponsored by
Health Resources and Services Administration
Maternal and Child Health Bureau

In collaboration with
American College of Obstetricians and Gynecologists
American Dental Association
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Introduction

Pregnancy is a unique period during a woman’s life and is characterized by complex physiological changes, which may adversely affect oral health. At the same time, oral health is key to overall health and well-being. Preventive, diagnostic, and restorative dental treatment is safe throughout pregnancy and is effective in improving and maintaining oral health.

However, health professionals often do not provide oral health care to pregnant women. At the same time, pregnant women, including some with obvious signs of oral disease, often do not seek or receive care. In many cases, neither pregnant women nor health professionals understand that oral health care is an important component of a healthy pregnancy.

In addition to providing pregnant women with oral health care, educating them about preventing and treating dental caries is critical, both for women’s own oral health and for the future oral health of their children. Evidence suggests that most infants and young children acquire caries-causing bacteria from their mothers. Providing pregnant women with counseling to promote healthy oral health behaviors may reduce the transmission of such bacteria from mothers to infants and young children, thereby delaying or preventing the onset of caries.

For these reasons, it is essential for health professionals (e.g., dentists, dental hygienists, physicians, nurses, midwives, nurse practitioners, physician assistants) to provide pregnant women with appropriate and timely oral health care, which includes oral health education.

Several national organizations have undertaken efforts to promote oral health for pregnant women. The American Academy of Pediatric Dentistry (AAPD), the American Academy of Pediatrics (AAP), the American Academy of Periodontology, the American Academy of Physician Assistants, the American College of Nurse-Midwives (ACNM), the American College of Obstetricians and Gynecologists (ACOG), and the American Dental Association (ADA) have issued statements and recommendations for improving oral health care during pregnancy.

To reinforce these recommendations and to provide guidance to health professionals, the New York State Department of Health produced *Oral Health Care During Pregnancy and Early Childhood: Practice Guidelines* in 2006. Following publication of these guidelines, AAPD, the California Dental Association Foundation, the South Carolina Department of Health and Environmental Control, and the University of Washington School of Dentistry also developed guidelines for perinatal oral health care.

In 2008, an expert panel convened by the Health Resources and Services Administration’s (HRSA’s) Maternal and Child Health Bureau (MCHB) developed strategies for improving oral health care during the perinatal period, which were presented in *Improving Perinatal Oral Health: Moving Forward*. One of these strategies was to “promote the use of guidelines addressing oral health during the perinatal period and disseminate the guidelines to maternal and child health professionals and oral health professionals.” This recommended strategy provided the charge for the *Oral Health Care During Pregnancy Consensus Development Expert Workgroup Meeting* convened by HRSA’s MCHB in collaboration with ACOG and ADA and coordinated by the National Maternal and Child Oral Health Resource Center. The meeting was
The expert workgroup reviewed policies from federal agencies and national organizations, recent literature, and existing guidelines on oral health care during pregnancy. (See Appendix: Agenda.) This workgroup identified common ground to increase health professionals' awareness of the importance and safety of women's oral health care during pregnancy through the promotion of evidence-based science. The national consensus statement that resulted from the October 2011 meeting comprises this document.

This national consensus statement was developed to help health professionals, program administrators and staff, policymakers, advocates, and other stakeholders respond to the need for improvements in the provision of oral health services to women during pregnancy. Ultimately, the implementation of the guidance within this consensus statement should bring about changes in the health-care-delivery system and improve the overall standard of care.

The expert workgroup consisted of individuals with expertise in oral health and prenatal care with representation from national organizations including AAP,AAPD,ACOG,ACNM,ADA, the American Dental Hygienists' Association, the Association of State and Territorial Dental Directors, the National Maternal and Child Oral Health Policy Center, and the Medicaid-CHIP State Dental Association; federal agencies; as well as those involved in the development of existing perinatal oral health guidelines. (See Appendix: Participant List.)
National Consensus Statement: Guidance for Health Professionals

Guidance for Prenatal Care Health Professionals

Prenatal care health professionals may be the “first line” in assessing pregnant women’s oral health and can provide referrals to oral health professionals and reinforce preventive messages.

Assess Pregnant Women’s Oral Health Status

During the initial prenatal evaluation

- Take an oral health history. Following are examples of questions that prenatal care health professionals may ask pregnant women. This information may be gathered through a conversation or a questionnaire.
  - Do you have swollen or bleeding gums, a toothache (pain), problems eating or chewing food, or other problems in your mouth?
  - Since becoming pregnant, have you been vomiting? If so, how often?
  - Do you have any questions or concerns about getting oral health care while you are pregnant?
  - When was your last dental visit? Do you need help finding a dentist?
- Check the mouth for problems such as swollen or bleeding gums, untreated dental decay (tooth with a cavity), mucosal lesions, signs of infection (e.g., a draining fistula), or trauma.
- Document your findings in the woman’s medical record.

Advise Pregnant Women About Oral Health Care

- Reassure women that oral health care, including use of radiographs, pain medication, and local anesthesia, is safe throughout pregnancy.
- If the last dental visit took place more than 6 months ago or if any oral health problems were identified during the assessment, advise women to schedule an appointment with a dentist as soon as possible. If urgent care is needed, write and facilitate a formal referral to a dentist who maintains a collaborative relationship with the prenatal care health professional.
- Encourage women to seek oral health care, practice good oral hygiene, eat healthy foods, and attend prenatal classes during pregnancy. (See Guidance for Health Professionals to Share with Pregnant Women.)
- Counsel women to follow oral health professionals’ recommendations for achieving and maintaining optimal oral health.
**Improve Health Services in the Community**

- On the patient-intake form, include questions about oral health (e.g., name and contact information of oral health professional, reason for and date of last dental visit, previous dental procedures).
- Establish partnerships with community-based programs (e.g., Special Supplemental Nutrition Program for Women, Infants and Children [WIC], Early Head Start) that serve pregnant women with low incomes.
- Provide a referral to a nutrition professional if counseling (e.g., guidance on food choices or nutrition-related health problems) would be beneficial.
- Integrate oral health topics into prenatal classes.
- Provide culturally and linguistically appropriate care. Take the time to ensure that women understand the information shared with them.

**Work in Collaboration with Oral Health Professionals**

- Establish relationships with oral health professionals in the community. Develop a formal referral process whereby the oral health professional agrees to see the referred individual in a timely manner (e.g., that day, the following day) and to provide subsequent care.
- Share pertinent information about pregnant women with oral health professionals, and coordinate care with oral health professionals as appropriate.

**Provide Support Services (Case Management) to Pregnant Women**

- Help pregnant women complete applications for insurance or other sources of coverage, social services (e.g., domestic violence services), or other needs (e.g., transportation, translation).
- If the woman does not have a dental home, explain the importance of optimal oral health during pregnancy. Help her obtain care by facilitating referrals to oral health professionals in the community, including those who serve pregnant women enrolled in Medicaid and other public insurance programs, or by contacting a dental office to schedule care.
**Guidance for Oral Health Professionals**

Activities described below are performed by oral health professionals as allowed by state practice acts.

**Assess Pregnant Women’s Oral Health Status**

- Take an oral health history. Following are examples of questions that oral health professionals may ask pregnant women. This information may be gathered through a conversation or a questionnaire.
  - When and where was your last dental visit?
  - Do you have swollen or bleeding gums, a toothache (pain), problems eating or chewing food, or other problems in your mouth?
  - How many weeks pregnant are you? (When is your due date?)
  - Do you have any questions or concerns about getting oral health care while you are pregnant?
  - Since becoming pregnant, have you been vomiting? If so, how often?
  - Have you received prenatal care? If not, do you need help making an appointment for prenatal care?
- In addition to reviewing the dental history, review medical and dietary histories, including use of tobacco, alcohol, and recreational drugs.
- Perform a comprehensive oral examination, which includes a risk assessment for dental caries and periodontal disease.
- Take radiographs to evaluate and definitively diagnose oral diseases and conditions when clinically indicated.

**Advise Pregnant Women About Oral Health Care**

- Reassure women that oral health care, including use of radiographs, pain medication, and local anesthesia, is safe throughout pregnancy.
- Encourage women to continue to seek oral health care, practice good oral hygiene, eat healthy foods, and attend prenatal classes during pregnancy. (See Guidance for Health Professionals to Share with Pregnant Women.)
Work in Collaboration with Prenatal Care Health Professionals

- Establish relationships with prenatal care health professionals in the community. Develop a formal referral process whereby the prenatal care health professional agrees to see the referred individual in a timely manner (e.g., that day, the following day) and to provide subsequent care.
- Share pertinent information about pregnant women with prenatal care health professionals, and coordinate care with prenatal care health professionals as appropriate.
- Consult with prenatal care health professionals, as necessary—for example, when considering the following:
  - Co-morbid conditions that may affect management of oral problems (e.g., diabetes, hypertension, pulmonary or cardiac disease, bleeding disorders).
  - The use of intravenous sedation or general anesthesia.
  - The use of nitrous oxide as an adjunctive analgesic to local anesthetics.

Provide Support Services (Case Management) to Pregnant Women

- Help pregnant women complete applications for insurance or other sources of coverage, social services (e.g., domestic violence services), or other needs (e.g., transportation, translation).
- If the woman does not have a prenatal care health professional, explain the importance of care. Facilitate referrals to prenatal care health professionals in the community, especially those who accept Medicaid and other public insurance programs.

Improve Health Services in the Community

- On the patient-intake form, record the name and contact information of the prenatal care health professional.
- Accept women enrolled in Medicaid and other public insurance programs.
- Establish partnerships with community-based programs (e.g., WIC, Early Head Start) that serve pregnant women with low incomes.
- Provide a referral to a nutrition professional if counseling (e.g., guidance on food choices or nutrition-related health problems) would be beneficial.
- Provide culturally and linguistically appropriate care. Take the time to ensure that women understand information shared with them.

Provide Oral Disease Management and Treatment to Pregnant Women

- Provide emergency or acute care at any time during the pregnancy, as indicated by the oral condition.
- Develop, discuss with women, and provide a comprehensive care plan that includes prevention, treatment, and maintenance throughout pregnancy. Discuss benefits and risks of treatment and alternatives to treatments.

- Use standard practice when placing restorative materials such as amalgam and composite.
- Use a rubber dam during endodontic procedures and restorative procedures.
- Position pregnant women appropriately during care:
  - Keep the woman’s head at a higher level than her feet.
  - Place women in a semi-reclining position, as tolerated, and allow frequent position changes.
  - Place a small pillow under the right hip, or have the women turn slightly to the left as needed to avoid dizziness or nausea resulting from hypotension.
- Follow up with pregnant women to determine whether preventive and restorative treatment has been effective.
## Pharmacological Considerations for Pregnant Women

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

<table>
<thead>
<tr>
<th>Pharmaceutical Agent</th>
<th>Indications, Contraindications, and Special Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Analgesics</strong></td>
<td></td>
</tr>
<tr>
<td>Acetaminophen</td>
<td>May be used during pregnancy.</td>
</tr>
<tr>
<td>Acetaminophen with Codeine, Hydrocodone, or Oxycodone</td>
<td></td>
</tr>
<tr>
<td>Codeine</td>
<td></td>
</tr>
<tr>
<td>Meperidine</td>
<td></td>
</tr>
<tr>
<td>Morphine</td>
<td></td>
</tr>
<tr>
<td>Aspirin</td>
<td>May be used in short duration during pregnancy; 48 to 72 hours. Avoid in 1st and 3rd trimesters.</td>
</tr>
<tr>
<td>Ibuprofen</td>
<td></td>
</tr>
<tr>
<td>Naproxen</td>
<td></td>
</tr>
<tr>
<td><strong>Antibiotics</strong></td>
<td></td>
</tr>
<tr>
<td>Amoxicillin</td>
<td>May be used during pregnancy.</td>
</tr>
<tr>
<td>Cephalosporins</td>
<td></td>
</tr>
<tr>
<td>Clindamycin</td>
<td></td>
</tr>
<tr>
<td>Metronidazole</td>
<td></td>
</tr>
<tr>
<td>Penicillin</td>
<td></td>
</tr>
<tr>
<td>Ciprofloxacin</td>
<td>Avoid during pregnancy.</td>
</tr>
<tr>
<td>Clarithromycin</td>
<td></td>
</tr>
<tr>
<td>Levofoxacin</td>
<td></td>
</tr>
<tr>
<td>Moxifloxacin</td>
<td></td>
</tr>
<tr>
<td>Tetracycline</td>
<td>Never use during pregnancy.</td>
</tr>
<tr>
<td><strong>Anesthetics</strong></td>
<td>Consult with a prenatal care health professional prior to using intravenous sedation or general anesthesia.</td>
</tr>
<tr>
<td>Local anesthetics with epinephrine (e.g., Bupivacaine, Lidocaine, Mepivacaine)</td>
<td>May be used during pregnancy.</td>
</tr>
<tr>
<td>Nitrous oxide (30%)</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Over-the-Counter Antimicrobials</strong></td>
<td>Use alcohol-free products during pregnancy.</td>
</tr>
<tr>
<td>Cetylpyridinium chloride mouth rinse</td>
<td>May be used during pregnancy.</td>
</tr>
<tr>
<td>Chlorhexidine mouth rinse</td>
<td></td>
</tr>
<tr>
<td>Xylitol</td>
<td></td>
</tr>
</tbody>
</table>
Guidance for Health Professionals to Share with Pregnant Women

Guidance provided to pregnant women should be modified based on risk assessment. Creating opportunities for thoughtful dialogue between pregnant women and health professionals is one of the most effective ways to establish trust and build a partnership that promotes health and prevents disease.

Share the information on the following two pages with pregnant women. In addition to discussing the information with pregnant women, health professionals may photocopy the pages, or download and print them, to serve as a handout.

Sources


Tips for Good Oral Health During Pregnancy

Below are tips for taking care of your oral health while you are pregnant. Getting oral health care, practicing good oral hygiene, eating healthy foods, and practicing other healthy behaviors will help keep you and your baby healthy. Delaying necessary treatment for dental problems could result in significant risk to you and your baby (for example, a bad tooth infection in your mouth could spread throughout your body).

Get Oral Health Care

- Tell the dental office that you are pregnant and your due date. This information will help the dental team provide the best care for you.

Practice Good Oral Hygiene

- Brush your teeth with fluoridated toothpaste twice a day. Replace your toothbrush every 3 or 4 months, or more often if the bristles are frayed. Do not share your toothbrush. Clean between teeth daily with floss or an interdental cleaner.

- Rinse every night with an over-the-counter fluoridated, alcohol-free mouthrinse.

- After eating, chew xylitol-containing gum or use other xylitol-containing products, such as mints, which can help reduce bacteria that can cause tooth decay.

- If you vomit, rinse your mouth with a teaspoon of baking soda in a cup of water to stop acid from attacking your teeth.

Eat Healthy Foods

- Eat a variety of healthy foods, such as fruits; vegetables; whole-grain products like cereals, bread, or crackers; and dairy products like milk, cheese, cottage cheese, or unsweetened yogurt. Meats, fish, chicken, eggs, beans, and nuts are also good choices.

- Eat fewer foods high in sugar like candy, cookies, cake, and dried fruit, and drink fewer beverages high in sugar like juice, fruit-flavored drinks, or pop (soda).

- For snacks, choose foods low in sugar, such as fruits, vegetables, cheese, and unsweetened yogurt.

- To help choose foods low in sugar, read food labels.

- If you have problems with nausea, try eating small amounts of healthy foods throughout the day.

- Drink water or milk instead of juice, fruit-flavored drinks, or pop (soda).

Drink water throughout the day, especially between meals and snacks. Drink fluoridated water (via a community fluoridated water source) or, if you prefer bottled water, drink water that contains fluoride.

To reduce the risk of birth defects, get 600 micrograms of folic acid each day throughout your pregnancy. Take a dietary supplement of folic acid and eat foods high in folate and foods fortified with folic acid. Examples of these foods include

- Asparagus, broccoli, and green leafy vegetables, such as lettuce and spinach
- Legumes (beans, peas, lentils)
- Papaya, tomato juice, oranges or orange juice, strawberries, cantaloupe, and bananas
- Grain products fortified with folic acid (breads, cereals, cornmeal, flour, pasta, white rice)

**Practice Other Healthy Behaviors**

- Attend prenatal classes.
- Stop any use of tobacco products and recreational drugs. Avoid secondhand smoke.
- Stop any consumption of alcoholic beverages.

**Resources**


-Nothing But the Tooth (video) produced by the Texas Department of State Health Services, Nutrition Services Section and Texas Oral Health Coalition. [http://www.youtube.com/watch?v=4m41tR3s9E](http://www.youtube.com/watch?v=4m41tR3s9E) (English), [http://www.youtube.com/watch?v=vuYTLjXG-do](http://www.youtube.com/watch?v=vuYTLjXG-do) (Spanish).


-Pregnancy and Dental Care (poster and wallet card) produced by the New York State Department of Health. [http://www.health.state.ny.us/prevention/dental/publications.htm](http://www.health.state.ny.us/prevention/dental/publications.htm).

-text4baby (mobile information service) produced by the National Healthy Mothers, Healthy Babies Coalition. [http://www.text4baby.org](http://www.text4baby.org).


-Finding a Dentist

- [http://www.ada.org/ada/findadentist/advancedsearch.aspx](http://www.ada.org/ada/findadentist/advancedsearch.aspx)
- [http://www.knowyourteeth.com/findadentist](http://www.knowyourteeth.com/findadentist)

-Finding Low-Cost Dental Care

- [http://www.nidcr.nih.gov/FindingDentalCare/ReducedCost/FLCDC.htm](http://www.nidcr.nih.gov/FindingDentalCare/ReducedCost/FLCDC.htm)

-Finding Health Insurance Coverage

- [http://www.coverageforall.org](http://www.coverageforall.org)

Resources for Health Professionals

Although we have tried to present a thorough overview of available resources, we realize that this list is not complete. For further information, we encourage you to contact the organizations listed in the following section.

Materials


**Organizations**

**Academy of General Dentistry**
211 East Chicago Avenue, Suite 900
Chicago, IL 60611-1999
Phone: (888) 243-3368
Website: http://www.agd.org

**American Academy of Family Physicians**
P.O. Box 11210
Shawnee Mission, KS, 66207-1210
Phone: (913) 906-6000
E-mail: contactcenter@aafp.org
Website: http://www.aafp.org

**American Academy of Pediatric Dentistry**
211 East Chicago Avenue, Suite 1700
Chicago, IL 60611-2637
Phone: (312) 337-2169
Website: http://www.aapd.org

**American Academy of Pediatrics**
141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098
Phone: (847) 434-4000
Website: http://www.aap.org

**American Academy of Periodontology**
737 North Michigan Avenue, Suite 800
Chicago, IL 60611-6660
Phone: (312) 787-5518
Website: http://www.perio.org
Medicaid-CHIP State Dental Association
4411 Connecticut Avenue, N.W., #104
Washington, DC 20008
Phone: (508) 322-0557
E-mail: info@medicaiddental.org
Website: http://www.medicaiddental.org

National Association of Pediatric Nurse Practitioners
20 Brace Road, Suite 200
Cherry Hill, NJ 08034
Phone: (856) 857-9700
E-mail: info@napnap.org
Website: http://www.napnap.org

National Healthy Mothers, Healthy Babies Coalition
2000 North Beauregard Street, Sixth Floor
Alexandria, VA 22311-1748
Phone: (703) 837-4792
E-mail: info@hmhb.org
Website: http://www.hmhb.org

National Institute of Dental and Craniofacial Research
National Institutes of Health
31 Center Drive, MSC2290
Building 31, Room 2C39
Bethesda, MD 20892
Phone: (301) 232-4528
E-mail: nidcrinfo@mail.nih.gov
Website: http://www.nidcr.nih.gov

National Interprofessional Initiative on Oral Health
4759 51st Place, S.W.
Seattle, WA 98116
Phone: (206) 261-5901
E-mail: info@niioh.org
Website: http://www.niioh.org

National Maternal and Child Oral Health Policy Center
Children's Dental Health Project
1020 19th Street, N.W., Suite 400
Washington, DC 20036
Phone: (202) 833-8288
E-mail: cdhpinfo@cdhp.org
Website: http://nmcohpc.net

National Maternal and Child Oral Health Resource Center
Georgetown University
Box 571272
Washington, DC 20057-1272
Phone: (202) 784-9771
E-mail: OHRCinfo@georgetown.edu
Website: http://www.mchoralhealth.org

National Network for Oral Health Access
PMB 329
3700 Quebec Street, Unit 100
Denver, CO 80207-1639
Phone: (866) 316-4995
E-mail: info@nnoha.org
Website: http://www.nnoha.org

Society of Teachers of Family Medicine
11400 Tomahawk Creek Parkway, Suite 540
Leawood, KS 66211
Phone: (800) 274-7928
E-mail: stfmoffice@stfm.org
Website: http://www.stfm.org

U.S. National Oral Health Alliance
465 Medford Street
Boston, MA 02129
E-mail: info@usalliancefororalhealth.org
Website: http://www.usalliancefororalhealth.org
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Georgetown University Hotel and Conference Center
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American Dental Association

Agenda

8:00–8:30  Continental Breakfast
8:30–9:00  Welcome, Opening Remarks, and Introductions
           Health Resources and Services Administration, Maternal and Child Health Bureau, Pamella Vodicka, M.S., R.D.
           Health Resources and Services Administration, Office of Strategic Priorities, Wendy Mouradian, M.D., M.S.
           American College of Obstetricians and Gynecologists, Jay Schulkin, Ph.D.
           American Dental Association, Rocky Napier, D.M.D.

           Charge for the Meeting
           Ann Drum, D.D.S., M.P.H., facilitator

9:00–9:30  Review of Policies from Federal Agencies and National Organizations Addressing the Oral Health Needs of Pregnant Women

9:30–10:30 Review of Recent Literature on Oral Health Care During Pregnancy

10:30–10:45  Break

10:45–11:45 Overview of the Development of Existing Oral Health Care During Pregnancy Guidelines and Lessons Learned

12:00–12:45 Lunch

12:45–4:00 Crosswalk of Existing Oral Health Care During Pregnancy Guidelines—Group Discussion
             Ann Drum, D.D.S., M.P.H., facilitator
             • All Health Professionals
             • Prenatal Care Health Professionals
             • Oral Health Professionals
             • Pharmacologic Considerations for Pregnant Women

4:00–4:30  Next Steps
             Wendy Mouradian, M.D., M.S.

4:30  Meeting Adjourned
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