

# Mount Vernon Dentist Offers Information About Dental Health During Pregnancy

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/EINPresswire.com/ Many women think that going to the [dentist](#) may be potentially harmful for their unborn child. The fact is the proper dental care, including regular check-ups is even more important during pregnancy.

As a professional general and cosmetic [Mount Vernon dentist](#), Janette Carroll General and Cosmetic Dentistry is pleased to provide invaluable information about the importance of dental health during pregnancy.

A woman's body goes through many changes during pregnancy, and some of these changes can have an adverse effect on the woman's dental health. The biggest concern for women is the change in hormonal levels, which affects every pregnancy woman. Unfortunately, these changes put women at a higher risk for gingivitis, which if left untreated can lead to gum disease. Additional, pregnancy can cause the gums to bleed and swell, as well as trap unwanted food that can act as an irritant to the gums and also lead to gum disease. Changes specifically in the estrogen and progesterone levels during pregnancy may affect the ability of the women's bones and ligaments to support her teeth, causing them to loosen and putting her teeth at a greater risk for damage. The combination of an increased acidity level during pregnancy and excessive vomiting can also lead to a greater chance of tooth decay.

The highly skilled staff at Janette Carroll General and Cosmetic Dentistry understands these issues and know how to properly treat women who are pregnant by providing a safe and comfortable environment that promotes healthy dental care.

Experienced dentist Janette Carroll recommends that women who are pregnant continue to practice good oral hygiene, including brushing with a toothbrush with soft bristles, flossing regularly, and rinsing her mouth out with a mixture of one teaspoon of baking soda with one cup of water after vomiting. As a trained general and cosmetic dentist, she also recommends continuing with regularly schedule dental appointments to examine and clean the teeth. It is important that a woman tell the staff at Janette Carroll General and [Cosmetic Dentistry in Mount Vernon](#) that she is pregnant at the beginning of the appointment. This will ensure the safety of both the mother and the unborn child. Unless absolutely necessary, x-rays are typically discouraged during pregnancy and all emergency surgery should be done during the second trimester, when at all possible.

Key facts: - Women who are pregnant are at higher risk for gingivitis and gum disease.

- Regular dental checkups should continue throughout a woman's pregnancy.

- Good oral hygiene is vitally important during pregnancy.

Janette Carroll General and Cosmetic Dentistry offer free consultations.

The facility provides anxiety management services on an as needed basis.

Janette Carroll DDS

2210 Kulshan View Drive, Suite 101

Mount Vernon, Washington 98273

(360) 424-0123

<http://www.janettecarrolldds.com>

About Janette Carroll General and Cosmetic Dentistry:

Janette Carroll General and Cosmetic Dentistry is an excellent dental care facility that serves children, teenagers and adults from the entire Mount Vernon, Washington area. It provides a wide range of dental care service, including implants, Invisalign clear aligners, teeth whitening, CEREC tooth restoration, gum disease and general care needs, such as examination, cleanings and fillings. The staff specialize in providing a relaxing, comfortable setting and provides anxiety management service as needed.

Media Contact:

Janette Carroll

Janette Carroll DDS

(360) 424-0123

<http://plus.google.com/112155842361562420000/about>

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