

A lifelong smile: a journey that begins during pregnancy!

Luigi Paglia
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editorial

It has become clear that pregnant women have a high risk of developing oral diseases, both in the supporting tissues and in the teeth. This is precisely why the first meeting between the dentist and the mother-to-be should take place as early as possible, either while she is still planning her pregnancy or as soon as she becomes pregnant.

During this appointment it is appropriate to examine the presence of any risk factors for the future mother's oral health such as medication intake, presence of chronic pathologies or bad habits (smoking). The woman must be informed of all the changes that may occur during this period and that may negatively affect the pregnancy itself and the health (not only oral) of the foetus.

At the same time, all the most important indications regarding correct oral hygiene, dietary and fluoroprophylaxis practices that all pregnant women should follow to ensure optimal oral health for themselves and their newborn child should be provided.

In addition to this counselling phase, it is strictly the dentist's responsibility to proceed with the diagnostic phase, thanks to which he or she will be able to assess the woman's oral condition and, in the presence of pathological pictures, plan all the therapeutic interventions necessary to achieve a healthy condition before the beginning of such a delicate period.

And why not, to lay the foundations for a life-long oral health!