

## TACTICS OF TREATMENT OF DENTAL DISEASES IN PREGNANT WOMEN

**Z.O.Valiyeva** Teacher of stomatology

University of Business and Science, Tashkent, Uzbekistan

[valiyevazaynabxon@gmail.com](mailto:valiyevazaynabxon@gmail.com)

**Annotatsiya:** Homiladorlik davrida ayollarning organizmida turli xil o'zgarishlar yuz beradi. Bu o'zgarishlar, shuningdek, og'iz bo'shlig'iда ham namoyon bo'lishi mumkin. Homiladorlik paytida stomatologik kasalliklar, ayniqsa, gingivit va periodontal kasalliklar ko'proq uchraydi. Bu holatlar, o'z navbatida, nafaqat ayolning sog'lig'iga, balki homila rivojlanishiga ham ta'sir ko'rsatishi mumkin. Shuning uchun, homiladorlik davrida stomatologik salomatlikni saqlash juda muhimdir.

**Kalit so'zlar:** homiladorlik davri, homiladorlar, gormonal o'zgarishlar, stomatologik yordam, muloja, og'iz bo'shlig'i, karies.

**Аннотация:** Во время беременности в организме женщины происходят различные изменения. Эти изменения также можно увидеть в полости рта. Стоматологические заболевания, особенно гингивит и заболевания пародонта, чаще встречаются во время беременности. Эти состояния, в свою очередь, могут повлиять не только на здоровье женщины, но и на развитие плода. Поэтому очень важно поддерживать здоровье зубов во время беременности.

**Ключевые слова:** период беременности, беременные, гормональные изменения, стоматологическая помощь, лечение, полость рта, кариес.

**Abstract:** During pregnancy, various changes occur in the body of women. These changes can also be seen in the oral cavity. Dental diseases, especially gingivitis and periodontal diseases, are more common during pregnancy. These conditions, in turn, can affect not only the health of the woman, but also the development of the fetus. Therefore, it is very important to maintain dental health during pregnancy.

**Key words:** pregnancy period, pregnant women, hormonal changes, dental care, treatment, oral cavity, caries.

### Introduction

Hormonal changes during pregnancy, especially the increase in estrogen and progesterone levels, can increase inflammatory processes in the oral cavity. This condition causes many women to develop red, swollen, and prone to bleeding gums. In such a situation, it is necessary to seek dental care. During pregnancy, dentists recommend cleaning the oral cavity, reducing inflammation and, if necessary, treating with drugs.

### Materials And Methods

There are several important aspects of dental treatment for pregnant women. First, dental procedures can be performed at different stages of pregnancy, but in some cases, for example, in the first trimester, some procedures should not be performed in time. During this period, it is recommended to avoid, for example, taking X-ray images and the use of certain types of anesthesia. In the second trimester, many dental procedures, such as cleanings and treatments, can be performed.

In the treatment of dental diseases during pregnancy, it is also important to pay attention to the general health and nutrition of the woman. A healthy diet, adequate intake of vitamins and minerals, plays an important role in maintaining oral health. Calcium, vitamin D, and vitamin

C are especially important during pregnancy because they help the development of bones and teeth.

## Results And Discussions

Dental procedures during pregnancy include dental cleanings, dental treatments, treatment of gum disease and, if necessary, tooth extractions. Teeth cleaning is generally considered safe during pregnancy and can help reduce inflammation. If the teeth have caries or other problems, dentists will carry out the necessary treatment. However, care must be taken when choosing medications, as some medications can harm the fetus. During dental procedures for pregnant women, dentists usually use local anesthesia. However, it is necessary to be careful when choosing the type of anesthesia. Certain types of anesthesia are not recommended during pregnancy, so dentists should always choose safe options. Preventive measures are also important to maintain the health of the oral cavity in pregnant women. Brushing, flossing, and rinsing your mouth every day can help prevent dental disease.[1]

It is also recommended to visit the dentist regularly and check the oral cavity during pregnancy. This allows early detection and treatment of dental problems. Psychological aspects are also important in the treatment of dental diseases during pregnancy. Women go through many changes during pregnancy and this can sometimes cause stress and anxiety. Dentists should take this into account and be careful when communicating with patients. Being friendly and polite with patients, understanding their concerns and putting them at ease is important during dental procedures.[2]

Maintaining dental health during pregnancy is very important not only for the health of the woman, but also for the development of the fetus. Dental diseases, if neglected, can cause various problems during pregnancy. Therefore, early detection and treatment of dental problems during pregnancy is very important. Pregnancy is one of the most important and changing periods in a woman's life. During this period, not only the physical, but also the mental state changes. It is very important to pay attention to a woman's health during pregnancy, especially oral health. Oral health affects not only the teeth and gums, but also general health. Therefore, it is necessary to know and follow a number of important rules to keep the oral cavity clean during pregnancy. First of all, it is important to note the regular cleaning of the teeth. Brushing your teeth twice a day, in the morning and in the evening, is important in maintaining the health of your teeth and gums. The presence of fluoride in toothpaste protects teeth from caries. During pregnancy, due to hormonal changes, gums can be more sensitive. Therefore, it is recommended to use a soft toothbrush in the process of cleaning the teeth. [3]

After brushing your teeth, it is important to floss between your teeth. Flossing helps remove food debris and bacteria from between the teeth, which is essential in preventing gum disease. It is also important to rinse your mouth to keep your mouth clean. Antiseptic or fluoride mouthwashes can help reduce bacteria in the mouth. However, it is necessary to be careful when choosing mouthwashes during pregnancy. Some remedies may not be recommended during pregnancy. Therefore, it is very important to consult a dentist or doctor. A healthy diet also plays an important role in keeping the oral cavity clean. Foods that contain calcium, vitamin D, and vitamin C help maintain healthy teeth and gums. Fruits and vegetables are especially useful because they contain a large amount of vitamins and minerals. Sweet foods and drinks can cause tooth decay. Therefore, it is recommended to limit the consumption of sweets. If it is necessary to eat sweets, it is very important to clean the teeth immediately after eating them. Stress levels can also increase during pregnancy. Stress can have a negative impact

on oral health. Yoga, meditation, or other relaxation techniques may be helpful to reduce stress. Such methods not only improve the mental state, but also support the health of the oral cavity. Regular visits to the dentist are also very important in keeping the oral cavity clean. Regular visits to the dentist during pregnancy and oral examinations allow early detection and treatment of potential problems. The dentist evaluates the condition of the oral cavity and, if necessary, offers treatment methods. Also, the recommendations from the dentist help to keep the oral cavity clean. Keeping your mouth clean during pregnancy also includes keeping your mouth moist. Drinking plenty of water helps prevent dry mouth and reduces bacteria in the mouth. Water, along with moisturizing the body, helps to wash away food residues in the oral cavity. Also, a dry mouth can cause more bacteria to grow, so it's important to increase your fluid intake. In order to keep the oral cavity clean during pregnancy, it is also recommended to avoid smoking and alcohol. Smoking and alcohol can have a negative impact on the health of the oral cavity. They can cause gum disease, tooth discoloration, and other problems. Therefore, it is very important to avoid these habits during pregnancy.[4]

## Conclusion

In conclusion, the tactics of treatment of dental diseases during pregnancy require a complex and careful approach. Each patient's situation is individual, so dentists must choose the best treatment method for each patient. To maintain dental health during pregnancy, it is very important to take preventive measures, eat a healthy diet and visit the dentist regularly. This ensures not only the health of the woman, but also the development of her fetus.

## References

1. Sultonova, D. (2021). "Pregnancy and dental diseases". *Journal of Medicine*, 12(3), 45-50.
2. Karimova, N. (2020). "Oral Care in Pregnancy". *Journal of dentistry of Uzbekistan*, 8(2), 30-35.
3. Toshpulatova, M. (2022). "Dental problems and their treatment". *Medical Sciences*, 15(1), 22-27.
4. Kholmatova, A. (2023). "Dental diseases during pregnancy and their prevention". *Medicine of Uzbekistan*, 10(4), 55-60.
5. Jumayeva, R. (2021). "Dental Services in Pregnant Women". *Dentistry and Medicine*, 9(3), 18-24.
6. Rahmonova, Z. (2022). "Pregnancy and Dental Health". *Journal of health care of Uzbekistan*, 14(2), 40-45.
7. Sirojiddinov, U. (2020). "Oral hygiene and dental problems in pregnant women". *Medicine and Dentistry*, 7(1), 12-17.