

Tracey A. Banks, M.D.  
Lori D. Halderman, M.D.  
Christi A. Kidd, M.D.  
Michon McCloud, M.D.  
Labeena Wajahat, M.D.  
Hannah Ashitey, M.D.  
Elizabeth Marley, C.N.M.  
Holly Costello, C.N.M.



Breona Black, C.N.M.  
Josie Roberts, C.N.M.  
Chasity Roye, C.N.M.  
Monica Konrad, C.N.M.  
Angela Judson, C.N.M.  
Jennifer Nuspel, NP-C.  
Laura Kennedy, NP-C.  
Jennifer Barbosa, NP-C

To Whom It May Concern:

Subject: General Guidelines Regarding Dental Care During Pregnancy

Adriatica Women's Health wants to emphasize the importance of maintaining good oral health during pregnancy, as it is a vital component of overall maternal and fetal well-being. While many dental procedures are considered safe during pregnancy, we would like to offer some general guidelines based on current best practices.

During pregnancy, particularly in the second trimester, the following dental procedures are generally considered safe:

1. **Routine dental cleanings and exams**
2. **X-rays**, if necessary, with appropriate shielding
3. **Local anesthesia** (such as lidocaine) is typically safe
4. **Treatment for infections**, including antibiotics like penicillin or clindamycin
5. **Fillings and extractions**, if needed, particularly in cases of infection or decay
6. **Non-urgent restorative procedures** that can be safely completed without excessive stress to the patient

However, we recommend delaying any elective dental procedures until after delivery unless they are deemed necessary for the patient's health. Nitrous oxide and other sedatives should be used with caution, and only, if necessary, after consultation between our offices.

While these guidelines can assist in determining the safety of treatment, specific health conditions must be considered, and we trust your clinical judgment as a dental professional in managing any required care. It is ultimately up to you to decide the appropriate treatment approach based on the patient's current dental condition. Should you have any concerns about the patient's pregnancy status or any medications you plan to prescribe, please feel free to contact me for further discussion.

Thank you for your attention to this matter and continued care of our mutual patient. Please do not hesitate to reach out if you need additional information or have further questions.

Sincerely,

Adriatica Women's Health  
972-542-8884