

Silicon Valley Endodontics & Microsurgery

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Root Canal During Pregnancy — What's Safe and When

The short answer: yes, it's safe — and an untreated infection is the real risk to avoid. Full guide: svendodontics.com/is-it-safe-to-get-a-root-canal-while-pregnant.

WHAT THE MEDICAL GUIDELINES SAY

Both the American Dental Association (ADA) and the American College of Obstetricians and Gynecologists (ACOG) state that preventive and necessary dental care — including root canals — is safe and should not be delayed during pregnancy. An untreated dental infection carries real risks for you and your baby; treating it removes a source of infection and pain.

THE X-RAY

A dental X-ray uses a very small radiation dose, aimed at your mouth and far from the abdomen, with a lead apron and thyroid collar for additional shielding. The dose to the fetus is negligible, and ACOG specifically states that X-rays needed for diagnosis are safe in pregnancy. We still take only the images we genuinely need.

ANESTHETIC & MEDICATIONS — WHAT'S SAFE

- Local anesthetic: lidocaine is routinely used and considered safe in pregnancy.
- Pain relief: acetaminophen is the preferred pain reliever. Ibuprofen and other NSAIDs are generally avoided, particularly in the third trimester — always confirm with your OB.
- Antibiotics: if one is needed, penicillin-class antibiotics are well-established as safe in pregnancy.
- Sedation: elective sedation is generally deferred — most root canals need only local anesthesia anyway.

TIMING

The second trimester (weeks 14–27) is the most comfortable window for non-urgent treatment. But an active infection or significant pain should be treated whenever it happens, in any trimester — the goal is never to leave an infection brewing while waiting for a perfect window. Infections don't pause for nine months, and pregnancy tends to worsen gum inflammation, so a smoldering problem usually gets worse, not better.

How we handle pregnant patients

We coordinate with your OB whenever there's any question, position you comfortably (often slightly on your left side later in pregnancy), keep appointments efficient, and choose medications matched to your trimester. Tell us you're pregnant — and how far along — when you call.

Pregnant with tooth pain? Don't wait it out — call us.

(669) 234-2354 — answered seven days a week. Weekend hours: Saturday and Sunday 8 AM–3 PM.

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Consistent with ADA and ACOG guidance on oral health care during pregnancy. Full sources: svendodontics.com/is-it-safe-to-get-a-root-canal-while-pregnant. General guidance only — always keep your OB informed and confirm medications for your specific situation.