

**Aim:** To investigate oral and dental hygiene in pregnant women and the adverse consequences of not observing it during pregnancy and to raise awareness among pregnant women.

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**Abstract:** Among the serious consequences of not observing oral and dental hygiene, we can mention the low birth weight of the baby and premature birth of the fetus, which is a serious and public issue that should be dealt with by educating the general public of women, dentists and obstetricians. . One of the main contributing factors is periodontal disease, which according to researches reduces about 18.2% of all cases of this disease, which is called periodontal disease, and this work is very useful. This study aims to evaluate oral and dental hygiene measures and awareness. Pregnant women were asked about the effect of periodontal disease on pregnancy outcomes. One of the methods that prevent and reduce this disease

1- Continuous use of a toothbrush

2- There is the use of mouthwash, which is very useful

One of the most common periodontal complaints in pregnant women is bleeding gums

According to 43 articles read, in countries where people have a low standard of living, in addition to periodontal disease, another disease called gingivitis is common. For example, in a poverty-stricken country like Nepal, about 60% of pregnant women have this disease and about 23% have mild symptoms of this disease, and this disease is directly related to the mother's age, mother's height, and dental care.

**Result:** Oral and dental hygiene is one of the most necessary measures during pregnancy that should not be postponed. Dentists and women specialists should inform pregnant women and the next way is to use a toothbrush and mouthwash, which helps to prevent and reduce both diseases.

**Key word:** oral, mouthwash/toothbrush/hygiene / pregnant/article/pregnancy/bleeding/ gingivitis