Did You Know?

Good oral health is important for your overall health and the health of your baby.

During pregnancy, changes in your body can cause your gums to be sore, red, puffy and bleed easily. If you have any of these conditions, see a dentist at once.

Make an appointment to see the dentist as soon as you know you are pregnant.

It is important to have healthy teeth and gums before you deliver so germs do not pass from your mouth to your baby’s mouth.

Oral Health is Important During Pregnancy

Free dental care is available to pregnant women through Medicaid.

Find a dentist at: HealthyTeethHealthyKids.org

If you do not qualify for Medicaid, contact your county’s health department to find a dentist.

Take care of your teeth and gums and go to the dentist during pregnancy. Do your best to keep you and your baby healthy!

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The Department of Health and Mental Hygiene (DHMH) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability in its health programs and activities.

Help is available in your language: 410-767-5300 (TTY: 1-800-735-2258). These services are available for free.


www.HealthyTeethHealthyKids.org
One page of the document is as follows:

**Take Care of Your Mouth When You are Pregnant**

**Brush**
Brush twice a day with fluoride toothpaste. Fluoride prevents cavities.

**Floss**
Floss once a day to prevent red, puffy gums.

**Drink Water**
Drinking water is healthy for you and your baby. Most tap water in Maryland contains fluoride. Fluoride prevents cavities.

**Choose Healthy Foods and Drinks**
Eat fruits, vegetables, whole-grain bread or crackers and dairy products. Avoid sweets like candy, cookies, cake and sugary drinks.

**Visit the Dentist**
Make an appointment to see a dentist as soon as you know you are pregnant. It is just as important as going to the doctor. Tell your dentist you are pregnant and about any changes in your mouth.

**Three Reasons to See a Dentist During Pregnancy**

**Getting dental care while you are pregnant is:**

1. **Important.** The health of your teeth and gums affects the health of you and your baby. If your mouth is healthy, you’ll be giving your baby a healthy start!

2. **Safe.** Getting dental care while you are pregnant is safe. That includes x-rays, fillings and having your teeth cleaned.

3. **Covered.** Medicaid pays for dental care during pregnancy.

To find a dentist visit: HealthyTeethHealthyKids.org