

## 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.



**Healthy Teeth**  
*Healthy Kids*

## Oral Health is Important During Pregnancy



Free dental care is available to pregnant women through Medicaid.

Find a dentist at:  
[HealthyTeethHealthyKids.org](http://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!

**Maryland Dental  
Action Coalition**

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

Hay ayuda disponible en su idioma: 410-767-5300 (TTY: 1-800-735-2258). Estos servicios están disponibles gratis.

用您的语言为您提供帮助：410-767-5300 (TTY: 1-800-735-2258)。这些服务都是免费的。



**Give**  
yourself a healthy  
mouth during  
pregnancy.



**Healthy Teeth**  
*Healthy Kids*



[www.HealthyTeethHealthyKids.org](http://www.HealthyTeethHealthyKids.org)

# 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](http://HealthyTeethHealthyKids.org)

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