

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.

It is important and safe to visit the dentist while 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

Find a dentist at:
HealthyTeethHealthyKids.org

Free dental care is available to pregnant women through Maryland Healthy Smiles, the Medicaid program for dental care.

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



Give
yourself a healthy mouth during pregnancy.



Healthy Teeth
Healthy Kids



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

See a dentist when you are pregnant. Going to the dentist while you are pregnant 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.
- 2. Safe.** Getting dental care while you are pregnant is safe. That includes having x-rays and local anesthesia.
- 3. Covered.** Medicaid covers dental care during pregnancy.



To find a dentist visit:
HealthyTeethHealthyKids.org

