



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 and after you deliver so germs that can cause infection and cavities do not pass from your mouth to your baby's mouth.



Dental Health Coverage

Maryland Healthy Smiles Dental Program (Maryland's Medicaid Dental Program) covers dental visits for pregnant women and children through age 20. For more information, go to HealthyTeethHealthyKids.org.

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. Find a listing of county health departments at <https://phpa.health.maryland.gov/oralhealth/Documents/OralHealthResourceGuide.pdf>

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

Give yourself a healthy mouth during pregnancy



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mdac.us

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 TAP WATER. Tap water is safe and 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. Drink tap water and low-fat milk instead of soda, juice, and sports and energy 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 ask 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

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