Practicing good oral health habits can reduce your risk of having a premature baby.

Did you know there are dental services available for pregnant women?

If you are pregnant and have Medical Assistance or are enrolled in the Maryland Children's Health Program (MCHP), you have dental coverage.

Dental coverage is available for pregnant women of any age.

If you do not receive Medical Assistance or MCHP, but think you are eligible, contact your local health department, WIC Center, or local department of social services.

For more information on oral health, visit **health.maryland.gov/oral-health.**

MARYLAND
Department of Health

Non-Discrimination Statement
The Maryland Department of Health (MDH) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, or disability in its health programs and activities.

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

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

Chinese
中文
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

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ORAL HEALTH AND PREGNANCY
If you have good oral health habits, your child will too.

It is safe to have dental care while you are pregnant. Do not wait until after your child is born.

Certain oral conditions can occur during pregnancy.

Dental Caries

Increased acidity in the mouth from morning sickness or gastric reflux; increased intake and frequency of sugary foods and beverages; not drinking fluoridated water; and decreased attention to oral hygiene practices will result in an elevated risk of dental caries.

Pregnancy Gingivitis

An increased inflammatory response to plaque while pregnant can result in gums that swell and bleed more easily. Thorough toothbrushing and flossing can prevent or reduce gingivitis.

Periodontal Disease

Untreated gingivitis can result in periodontitis — infection of the gums and surrounding bone. This can result in loosening teeth and bone loss.

Tips for pregnant women:

• Get a dental checkup when you are pregnant. Do not put it off until after you have the baby. Talk to your doctor if you need help getting dental care

• Brush your teeth twice a day with toothpaste that has fluoride

• Floss once a day before bedtime to keep teeth and gums healthy

• Snack on healthy foods such as vegetables, fruits, and cheese. Drink water and low-fat milk instead of soda

• Avoid foods and drinks that have a lot of sugar since they can cause tooth decay

Myths vs. Facts

Myth: Pregnancy has nothing to do with oral health.

Fact: Changes occur in the mouth that may affect good oral health, like gingivitis or periodontal disease.

Myth: When you gain a child, you will lose a tooth.

Fact: The fetus does not take calcium from the mother's teeth.

Myth: You should not get X-rays while pregnant.

Fact: Dental X-rays and lead shielding are considered by the American Dental Association to be safe during pregnancy.

Myth: Dental providers do not need to know if a woman is pregnant.

Fact: It is important for dental providers to know a woman is pregnant, as she may be at risk for certain oral conditions.