Your Mouth MATTERS.

A healthy mouth is a great way to start your new journey with your baby.

Tell your dentist if you have:

- Bleeding or swollen gums

- Problems eating or chewing food

Share all concerns you have about getting oral health care during pregnancy.

Be sure to share the name of your doctor and expected delivery date with your dentist.

[Doctor's Name]

[Doctor's Phone Number]

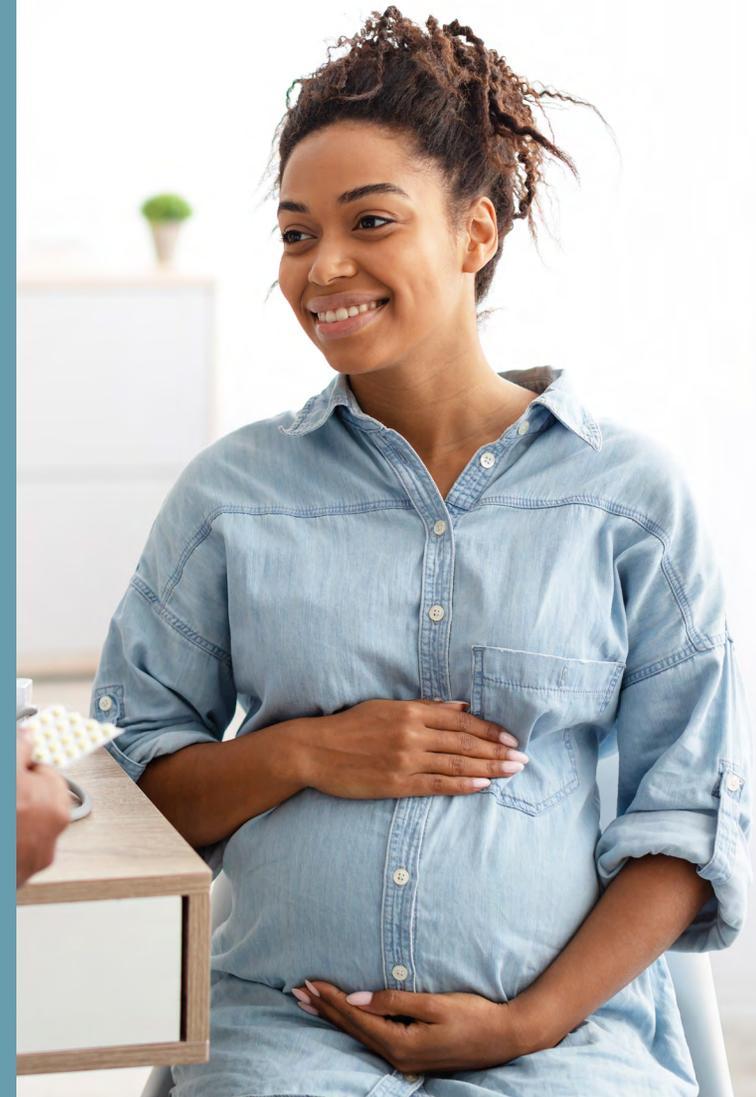## To find a dentist or dental insurance visit:

www.insurekidsnow.gov

https://medicaid.ncdhhs.gov/find-doctor/medicaid-dental-providers

---

A Healthy Mouth for Two

Oral health tips for you and your baby.

How Does Pregnancy Affect YOU?

The body, including your mouth, undergoes significant changes throughout pregnancy. Pregnant individuals are at an increased risk of gingivitis which can lead to gum disease. Pregnancy also increases the risk of cavities. If left untreated, it can affect your baby. Here are some helpful tips to help you have a healthy mouth:
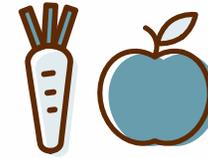
SAY YES TO:

- Dental treatment throughout pregnancy.

- Local anesthetic and X-rays when needed.

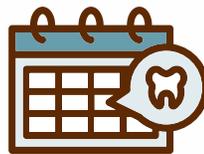- Following your oral health care professional's recommendations for optimal dental care.

Establish a daily home care routine.

Brush at least twice a day to remove harmful bacteria from your mouth that could harm your baby. Floss at least once a day to clean between your teeth.

Eat healthy fruits and vegetables.

Eating healthy foods are good for both you and your baby. Ensuring you consume 400 mg of folic acid may help reduce neural tube defects.

Schedule an appointment with your dentist.

Stay current with recommended dental treatment, such as cleanings and fillings, throughout your pregnancy.

Do not smoke or use alcohol.

Cigarette smoke and alcohol may have adverse effects on your baby.