

# Healthy Habits for Happy Smiles



## Getting Oral Health Care While You Are Pregnant

**T**aking care of your mouth while you are pregnant is important for you and your baby. Getting oral health care, including cleanings, X-rays, fillings, and pain medication, is safe when you are pregnant.

Also, brushing twice a day with fluoride toothpaste, drinking water throughout the day, and eating nutritious foods will help keep you and your baby healthy.



*School readiness begins with health!*



## Tips for getting oral health care:

- Ask your Head Start program staff to help you find oral health insurance if you do not have insurance or cannot pay for oral health care.
- If your last dental visit was more than 6 months ago or if you have an oral health problem or concern, make an appointment as soon as possible.
- Getting oral health care during the second trimester is best. During the first trimester, you might have morning sickness. And during the third trimester it can be uncomfortable to lie on your back in the dental chair.
- Tell the dental clinic staff that you are pregnant and your due date. This information will help them provide the best care and keep you comfortable.
- Tell the staff about any changes in your teeth or gums. Also tell them about all medications, including vitamin and mineral supplements, that you are taking.
- Talk with the staff about any concerns or worries you have about getting oral health care.
- Talk to your doctor or your Head Start program staff if you need help getting oral health care or making an appointment.

## Resources

### Find Dental Insurance

<https://www.healthcare.gov>

### Find Low-Cost Oral Health Care

Contact local health center:

<https://findahealthcenter.hrsa.gov>

Contact a local dental school and dental hygiene program



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