

YOUR HEALTHY PREGNANCY STARTS WITH A HEALTHY MOUTH

A Guide to Protecting You and Your Baby

Questions to Bring to Your Next Prenatal Visit



"Is dental care safe during pregnancy?"

Yes! Regular dental visits are not only safe—they're essential for you and your baby's health.



"How does my oral health affect my baby?"

Healthy gums = healthier pregnancy. Treating gum disease reduces risks of complications.



"What if my gums bleed when I brush?"

This is common but treatable. Your dentist can help—don't wait to get care.



"Are dental X-rays and numbing safe while pregnant?"

Yes. Today's digital X-rays use extremely low radiation and are safe during pregnancy. Lead shields are no longer needed, and local numbing is safe when treatment is necessary.

Did You Know?

Women who get dental care during pregnancy have healthier pregnancies. Taking care of your oral health is taking care of your baby!



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Daily Care & Important Information



"What's the best daily routine during pregnancy?"

- ✓ Brush gently for 4 minutes daily with toothpaste
- ✓ Choose water over sugary drinks
- ✓ Clean in between your teeth once daily (use interproximal brushes, floss, or water flosser)
- ✓ Rinse after meals



"How do I protect my teeth from morning sickness?"

Rinse with 1 tsp baking soda in water after vomiting. Wait 30 minutes before brushing.



"When should I see a dentist?"

Ideally in your first trimester, but anytime is better than not at all. Many dentists accept Medicaid.



"Does this affect my long-term health too?"

Yes! Caring for your mouth now protects your heart and overall health for years to come.

Remember: You're Doing Great!

Quick Tips

- ✓ Keep healthy snacks handy
- ✓ Stay hydrated with water
- ✓ Don't skip dental visits
- ✓ Ask for help when needed



When to Call

- ✓ Severe tooth pain
- ✓ Swollen face or gums
- ✓ Persistent bad taste
- ✓ Loose teeth



Find Low-Cost Dental Care:

- ✓ Community health centers
- ✓ Dental schools
- ✓ Medicaid dental providers
- ✓ Visit our website for local resources



**HEALTHY MOUTH, HEALTHY PREGNANCY,
HEALTHY BABY**