Oral Health and Pregnancy

Maryland
DEPARTMENT OF HEALTH

The health of your teeth and gums is important because it affects the health of you and your baby. Getting dental care while you are pregnant is important, safe and covered by Maryland Medicaid. If your mouth is healthy, you will be giving your baby a healthy start!

Practice Good Oral Hygiene

Brush your teeth twice a day with toothpaste that has fluoride. Floss once a day to keep teeth and gums healthy.

Notice Changes in Your Gums

Changes to your body when you are pregnant may make your gums sore or puffy and may make them bleed. This problem is called gingivitis (inflammation of the gums). If gingivitis is not treated, it may lead to periodontal (gum) disease, which can cause tooth loss.

Eat Healthy Foods

- Sugar causes tooth decay. Avoid sugary foods and drinks.
- Snack on healthy foods such as fruits and vegetables.
- Drink water throughout the day and between meals.

Get Dental Care

- It's safe to get dental care during pregnancy.
- Make an appointment to see your dentist as soon as you know you are pregnant.
- Dental care, including the use of X-rays, most pain medications, and local anesthesia, is safe during pregnancy.

If you have Medical Assistance, visit the Maryland Healthy Smiles Program for coverage details and to locate a dental provider: health.maryland.gov/phpa/oralhealth/Pages/Oral_Health_and_Pregnancy.aspx