

Oral Health Tips for Pregnant Women



Good Oral Health Habits are Important During Pregnancy.



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Here are some tips to keep you and your new baby healthy:

- ◇ Get a dental checkup. It is safe to have dental care 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 or making an appointment.
- ◇ 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, fruit 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.
- ◇ If you have good oral health habits, your child will too!

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Do You Know About

Dental Services 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 care is available for pregnant women of any age.

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

Good Oral Health Can Reduce Your Risk of Having a Premature Baby.

Office of Oral Health
Maryland Department of Health and Mental Hygiene

Larry Hogan, Governor | Boyd Rutherford, Lt. Governor | Van Mitchell, Secretary

In Partnership with:
Center for Maternal and Child Health
Women, Infants and Children Program

OFFICE OF ORAL HEALTH
Prevention and Health Promotion Administration
Maryland Department of Health and Mental Hygiene
201 W. Preston Street, 4th Fl.
Baltimore, MD 21201 410-767-5300

<http://phpa.dhmm.maryland.gov/oralhealth>
email: dhmm.oralhealth@maryland.gov

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The Department, in compliance with the Americans with Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, benefits and employment opportunities.

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