



ORAL HEALTH KANSAS

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Tips and Tricks: **Pregnancy and Dental Care**



Taking care of your mouth while you are pregnant is important for you and your baby. Oral health is essential to a healthy pregnancy and overall health. Infections in the mouth can spread to other parts of your body. It is safe to have dental care while you are pregnant. Do not wait until after your baby is born.

If your last visit was more than 6 months ago or you have some dental concerns (such as broken or loose teeth, pain, swelling, bleeding, mouth sores that don't heal after a few days), make a dental appointment as soon as possible.

- Follow through with any recommended treatment.
- Oral health care, including x-rays, pain medication, numbing shots, and fillings are all safe to use during pregnancy.



How to have a positive dental experience

- Tell the dental office that you are pregnant and when you are due. This will help the dental team provide the best care for you.
- Ask if you can, complete the patient dental form before your first appointment to allow plenty of time to record information the dentist needs to know.
- Bring a written list of questions you have for the dentist.
- Arrive at least 15 minutes early for your appointment.
- Bring a pillow, blanket or earphones to listen to music to feel comfortable.
- Arrange in advance for necessary child care and transportation.
- Call immediately if you need to cancel your appointment even if the appointment is that day.
- Ask the dentist to give you written recommendations so you can care for your teeth and mouth at home.



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