Smile for 2:
Dental Tips for Moms-to-Be

When you are pregnant, it's important to take even better care of your teeth and gums. Taking care of your teeth and gums helps your baby to be healthier.

What's the risk?

The last thing you want is an infection, like gum disease. If you don't brush, floss and eat healthy every day, your gums could become sore, puffy and red. This is usually a sign of gum disease.

Gum disease during pregnancy can cause your baby to be born:

- Too early (**Preterm**— before 37 weeks).
  -or-
- Too small (**Low Birth Weight**— less than 5 pounds and 8 ounces).

If your baby is born too early or too small, he or she could have lifelong health problems.

What You Can Do!

Follow these tips to avoid gum disease and harm to your baby!

Tips to Keep Your Teeth and Gums Healthy

- Have regular dental cleanings.
- Brush your teeth and gums 2 times a day with a soft toothbrush and toothpaste.
- Floss between your teeth at least once a day. The best time to floss is right before going to bed.
- Eat healthy foods and snacks. Fruits, veggies, yogurt, eggs, cheese and nuts.
- Drink lots of water or low-fat milk. Do NOT drink sodas, juice or other sweet drinks.
- Take your prenatal vitamins.
- Rinse with mouthwash daily. Never swallow mouthwash.
- If you do not have teeth, use a clean washcloth to wipe your gums every day.
- If you have dentures, clean them twice a day
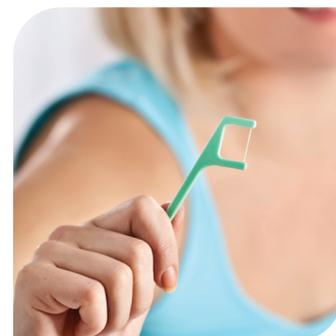
3 Things to Do

Now that you are pregnant, add these 3 things to your "To-Do List." You will be one step closer to having a healthy baby!

My To-Do List

1. Visit a dentist as soon as you know you are pregnant. Passport by Molina Healthcare will cover your dental cleanings twice a year during pregnancy. Our Member Services team will even help you find a dentist signed up with Passport. Just call 1-800-578-0603 (TTY: 711).

2. Tell the dentist and office staff that you are pregnant. This is extra important if they need to take an x-ray.

3. Ask your dentist to show you how to brush and floss your teeth. You want to make sure you are doing this the right way.

Want to learn more?

If you want to learn more about how to help your child take care of their smile, call us at **1-800-578-0603 (TTY: 711)**. We're here to help!

PASSPORT
BY MOLINA HEALTHCARE