

# ORAL HEALTH MATTERS

WORKING TOGETHER TO IMPROVE YOUR ORAL HEALTH

## ORAL HEALTH DURING PREGNANCY

During your pregnancy it is important to take care of your mouth, including your teeth. Taking care of your teeth, eating healthy foods and practicing other good health behaviors is important for you and your baby.

### Tips for Good Oral Health Care:

- Changes to your body during pregnancy can cause your gums to be sore and swollen and possibly bleed. This is called gingivitis and should be treated by your dentist.
- Oral care is safe during pregnancy and it is important to visit the dentist every six months or when you have concerns.
- You should brush at least twice a day and replace your toothbrush every 3 to 4 months.
- Rinse every night with a mouthwash that contains fluoride.
- Eat a variety of healthy foods such as fruits, vegetables, dairy products and whole grains.
- If you vomit, it is important to rinse your mouth to stop the acid from attacking your teeth.



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Improving Dental Care Across Virginia

### Baby Teeth Are Important

- The good habit of brushing baby teeth will start a good habit for the adult teeth. You should begin wiping your baby's gums even before they have teeth. You can wipe them with a clean wash cloth or gauze.
- Baby teeth hold space for the adult teeth to grow into.
- Baby teeth allow kids to eat right.
- Healthy baby teeth help to keep the rest of the body well.
- Baby teeth also help kids to speak clearly.
- Healthy teeth help children do better in school because they are not in pain.
- Children with healthy teeth feel good about themselves.

**Children should have their first dental visit at age one.**

You and your children need to have regular check-ups at your Dental Home. A Dental Home is the dentist's office where you go regularly every six months. Choosing the right dentist is very important. If you are covered by **Smiles For Children** (VA Medicaid, FAMIS or FAMIS Plus), we will help you choose a dentist you like and trust. Call this number to find out the names of dentists near your home: 1-888-912-3456. For more information, visit [www.DentaQuest.com](http://www.DentaQuest.com) or download the MyDentaQuest App on your Smartphone.

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