



DENTAL

# When you're pregnant, our dental plans will make you smile



## Dental health and your pregnancy

Expectant mothers often experience more bleeding and swollen gums, especially during their second trimester. If left untreated, gum disease can damage gums and bone around your teeth and eventually may cause tooth loss.

In addition, some studies have linked gum disease in the mother to premature births and/or low birth weight in babies.



## What can you do?

Get your preventive care, available for no additional cost when you see an in-network provider. Make regular dental visits a priority, just as you would an appointment with the obstetrician. When you go for dental care, inform your dentist that you are pregnant and of any medications that you are currently taking. A dentist may be able to recognize early oral health problems that you can't see, and help stop issues before they start.

Practice good dental care every day. Dental care is always important, but even more of a priority during pregnancy.



## Tips to help ensure a healthy mouth:

- Use a soft-bristled toothbrush
- Choose toothpaste with fluoride
- Brush for at least two minutes twice a day
- Floss daily
- Watch for signs of periodontal disease such as red, swollen, or tender gums
- Visit a dentist regularly for exams and cleanings

This material is provided for informational use only. You should consult with your doctor or dentist.

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