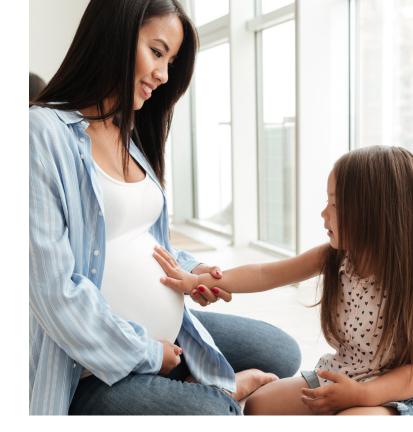If you need help finding a dental provider, please call the DentaQuest customer service department at 1-855-225-1729 TTY: 711 or visit www.memberaccess.DentaQuest.com

Smiling Stork.

A PREGNANT WOMEN'S GUIDE TO HEALTHY GUMS

DentaQuest

WHAT EVERY PREGNANT WOMAN SHOULD KNOW ABOUT HEALTHY GUMS.

Prenatal dental care for you and your baby is important. Health First Colorado enrolled members receive $1,500 in covered dental benefits between July 1st and June 30th each year. These services include exams, cleanings, fillings and more. There are no co-pays or annual fees. For more information, please visit: memberaccess.dentaquest.com or call 1-855-225-1729, TTY 711.

Pregnancy and Oral Health

Pregnancy can affect your mouth. Changes in your body send extra blood flow to the gum tissues in your mouth. Gums can become red and puffy. This is known as gum disease. If gum disease is not treated it can lead to tooth loss. There may be a link between gum disease and babies who are born too early or too small.

Signs of Gum Disease

- A bad taste in mouth
- Bad breath
- Red puffy gums
- Gums that bleed when you brush and floss
- Loose teeth
- Gums that have pulled away from the teeth

Take Good Care of Your Mouth During Pregnancy

Follow the steps on the next page to help have a healthy mouth and baby.

Practice Good Home Care

- Brush twice a day and floss once a day
- Use toothpaste with fluoride
- Use a non-alcoholic mouthwash
- Replace your toothbrush every 3 months or after you have been sick
- Protect your teeth from acid caused by morning sickness. Rinse your mouth with 1 cup of water mixed with one teaspoon baking soda
- Do not drink alcohol or use tobacco

Eat Healthy Foods

- Lean meats like turkey, chicken, and fish
- Breads and cereals with whole grains
- Milk, cheese, eggs, and yogurt
- Fruits and vegetables including beans
- Eat foods that are low in sugar
- Drink water

Visit Your Dental Provider

- It is important to see your dental provider to get screened for gum disease.
- Dental care is safe to have during pregnancy.

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