

KNOW THE FACTS

**Dental care, even x-rays,
are safe during pregnancy!**

**It is recommended to see
the dentist every six months.**



**Gum disease can cause problems during
pregnancy including preterm delivery.**

Protect your teeth:

- ***Have a dental check-up every six months.***
- ***Let the dentist know that you are pregnant.***
- ***Brush twice a day with fluoride toothpaste.***
- ***Floss between teeth.***
- ***Drink plenty of fluoridated water.***
- ***Limit sugary foods.***

Medicaid has comprehensive dental benefits during and six weeks after pregnancy.

Learn more about oral health and pregnancy at:

MouthHealthy.org

[health.mo.gov/living/families/oralhealth/
mydss.mo.gov/healthcare/mohealthnet-for-
pregnant-women-and-newborns](https://health.mo.gov/living/families/oralhealth/mydss.mo.gov/healthcare/mohealthnet-for-pregnant-women-and-newborns)



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