



# See a Dentist When You Are Pregnant

It's important to take care of your teeth and gums when you are pregnant.

If you have Medi-Cal, call 1-800-322-6384 for more information about dental insurance.

## **If your teeth and gums are not healthy, you and your baby can have problems:**

- You may have pain and tooth decay
- You may have bleeding gums
- You may lose your teeth
- Your baby may be born too early, too small, or both
- Your baby may get tooth decay later on from the germs in your mouth

## **For all these reasons, it is important to see a dentist when you are pregnant.**

- If you do not have a dentist, ask your health care provider for a referral

## **You should:**

- See a dentist for a check-up
- Get your teeth cleaned
- Get the treatment you need if you have tooth decay or other dental problems

## **You should see a dentist right away if:**

- You have not been to a dentist in the last year
- You have pain in your mouth
- Your gums often bleed
- You have lumps, sores, or anything else that is not normal in or around your mouth

## **Your dentist may say you need X-rays. It can be safe to have X-rays while you are pregnant. Be sure that you:**

- Tell your dentist you are pregnant
- Wear a lead apron over your stomach and a lead collar around your neck while you have X-rays done
- Have X-rays only when needed

