## PREGNANT AND HAVE MEDICAID INSURANCE?

### YOU MAY QUALIFY FOR MORE ORAL HEALTH SERVICES DURING AND AFTER PREGNANCY

During pregnancy and 60 days afterwards, Vermont Medicaid offers you **free dental care**—including cleanings, exams, fillings, and extractions—with no dollar limit for services if covered by Medicaid. The benefits are the same as in Dr. Dynasaur—with no expense limit.

Here's what you need to do to access these services:

• Call Green Mountain Care Member Services at **1-800-250-8427** to let them know you are pregnant.

• When you call to make your appointment, tell your dentist's office you are pregnant.

### IT'S THAT SIMPLE!

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## Dental care is very important during and after pregnancy, and throughout life.

To find a dentist in your area, visit the Vermont Department of Health's Oral Health page at:
**healthvermont.gov/findadentist**

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## PROTECT YOUR BABY'S SMILE & HEALTH
### before and after birth

### Good dental health during pregnancy can give your baby a healthy start.

# 3

## STEPS TO PROTECTING YOUR AND YOUR BABY'S SMILE & HEALTH

There's nothing more rewarding than a little one's smile. Did you know that taking care of your own teeth while you're pregnant can help keep your baby healthy? It's true. An infection in your mouth can spread through your body and cause problems, including increasing the risk that your baby is born early—and the bacteria that causes dental decay can be spread from you to your baby.

## HERE ARE 3 STEPS YOU CAN TAKE BEFORE AND AFTER YOUR BABY IS BORN TO HELP KEEP YOU BOTH HEALTHY AND SMILING.

### BEFORE your baby is born:

**1.** **Visit the dentist. Dental care during pregnancy is safe and important.** If you haven't seen the dentist in more than 6 months, or if you have any issues like tooth pain or bleeding gums, make an appointment right away. When scheduling, make sure to tell the office that you are pregnant and your due date.

**2.** **Take care of your teeth at home.**
- Brush twice a day with fluoridated toothpaste.
- Floss between teeth once each day.
- If you vomit, rinse your mouth out with water.

**3.** **Get any necessary dental procedures**, such as fillings or extractions, taken care of right away. Dental X-rays and local anesthesia are all safe during pregnancy.

### AFTER your baby is born:

**1.** **Start dental exams early.** Beginning at your baby's 6-month checkup, ask your pediatrician to check your baby's mouth and be sure to take your baby to the dentist for regular exams beginning at age 1.

**2.** **Take care of your baby's teeth at home.**
- Feed your baby healthy foods. This means only breast milk or formula for the first 6 months if you can.
- Never put juice or sugary drinks in your baby's bottle.
- As soon as your baby has their first tooth, wipe their teeth gently each day with a damp cloth.

**3.** **Keep up with your own healthy dental habits.** Brush twice a day, floss daily, and visit your dentist every 6 months.

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