



Oral Health During Pregnancy

During your pregnancy it is important to take care of your mouth, including your teeth. Taking care of your teeth, eating healthy foods and practicing other good health behaviors is important for you and your baby.

Tips for Good Oral Health Care

- Changes to your body during pregnancy can cause your gums to be sore and swollen and possibly bleed. This is called gingivitis and should be treated by your dentist.
- Oral care is safe during pregnancy and it is important to visit the dentist every six months or when you have concerns.
- You should brush at least twice a day and replace your toothbrush every 3 to 4 months.
- Rinse every night with a mouthwash that contains fluoride.
- Eat a variety of healthy foods such as fruits, vegetables, dairy products and whole grains.
- If you vomit, it is important to rinse your mouth to stop the acid from attacking your teeth.
- Smoking and drinking during pregnancy should be avoided.

You and your children need to have regular check-ups at your Dental Home starting at age one. A Dental Home is the dentist's office where you go regularly every six months. Choosing the right dentist is very important.

New Pregnancy Benefit

Starting on March 1, 2015 pregnant women who are 21 years old and older can get dental benefits. These dental benefits will be available through the *Smiles For Children* program. Benefits include cleanings, exams, fillings, crowns. Root canals, x-rays, and anesthesia are also covered. Braces are not covered. These benefits will stop at the end of the month following the 60th day after you have had the baby.

Pregnant members who are under 21 years old can get full benefits through Virginia's *Smiles For Children* dental program. Braces are included.

You will be able to get a ride to the dentist under this new program. If you are in one of the managed care organizations (MCOs), {excluding FAMIS enrollees} call them to make transportation reservations. If you are not in an MCO, call LogistiCare at (866) 386-8331.

You will find a list of *Smiles For Children* general dentists with this letter. These dentists are close to your home. If you are already going to a *Smiles For Children* dentist you may continue going there. If you need to see a specialist, call *Smiles For Children* at 1-888-912-3456.

To find out more about these services or if you need help finding a *Smiles For Children* dentist call DentaQuest at **1-888-912-3456** or visit the DentaQuest website at www.DentaQuest.com.