Dental Care during Pregnancy

Visit your dentist today for a healthy mouth, healthy body, healthy baby!

Dental Resources

If you have Medicaid or Healthy Michigan Plan Insurance, or have no dental insurance:

- Hackley Community Care Dental Services
  2700 Baker St.  231.737.8603

- Muskegon Family Care Dental Services
  2201 S. Getty St.  231.767.9830

- Teen Health Centers
  (must be 21 years old or younger)
  Muskegon Teen Health Center
  80 W. Southern Ave.  231.733.6680
  Oakridge Teen Health Center
  251 S. Wolf Lake Rd.  231.788.7461

- Volunteer For Dental
  1200 Ransom St. (in Access Health building)
  231.766.7129

- Call 211 (for more information on all available resources or to find a dentist)

- Quit Smoking Script Program
  Health Project  231.672.3211

If you need help acquiring dental insurance:

- Health Project
  565 W. Western Ave.  231.672.3201

- Healthy Michigan
  http://www.michigan.gov/healthymiplan
  1.855.789.5610

Visit your dentist today for a healthy mouth, healthy body, healthy baby!
A mom with untreated gum disease has a higher risk of delivering a pre-term, low birth weight baby.

A mom with untreated cavities and gum disease can pass bacteria to her baby through kissing, sharing spoons or putting baby’s pacifier in her mouth.

**Lower your risks by seeing your dentist today!**

**If you are pregnant:**

**DO:** Protect your baby by visiting the dentist while pregnant.

**DO:** Drink lots of water and limit starchy, sugary and acidic foods and drinks.

**DO:** Avoid sipping and snacking throughout the day, which strips calcium off your teeth.

**DO:** Snack on sugar-free gum or candy that contains xylitol to neutralize acid in your mouth and reduce cavity-causing bacteria.

**DO:** Brush twice a day with a fluoride toothpaste for two minutes and floss once a day.

**DO:** Quit smoking, vaping, chewing tobacco and drug use including marijuana.

**DO:** Schedule your baby’s first dental visit by age one!

**FACTS:**

Dental visits during pregnancy are SAFE and IMPORTANT!

- Fillings, x-rays, and numbing agents are all safe while pregnant—just let your dental provider know your due date.

Hormone levels are higher during pregnancy, increasing your risk for gingivitis.

- Gingivitis is caused by a bacterial infection, and your gums will bleed and be tender.
- Brush and floss two times per day and rinse with an anti-bacterial mouth rinse such as Closys.

Cavities during pregnancy are more common, especially if you suffer from nausea and vomiting.

- Don’t brush after vomiting because stomach acid can weaken your teeth.
- After vomiting, rinse your mouth with water, a baking soda/water mixture, or a fluoride mouthwash.

**Read 20 minutes a day to your baby (even while you are pregnant) for a healthy body and mind!**

Your baby’s teeth start forming around the third month of pregnancy. Schedule your baby’s first dental visit by age one!