Two **Bright** Smiles

Dental care during pregnancy? Yes!

The good news is, dental care is safe for pregnant people!

And, you are covered for many dental services under the Oregon Health Plan.

We are happy to help you find a dentist and make an appointment.

Dental care is safe for you and your baby!

Pregnancy and your oral health

Pregnancy affects your body in many ways, even your mouth. Some people have sensitive, swollen and bleeding gums during pregnancy.

If this happens to you, it can put your baby at risk for being born early. Premature birth can cause many health problems for your child.

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Home care for a healthy mouth

You can take steps every day to protect your dental health:

- Brush morning and night.
- Floss your teeth every day.
- Choose healthy food and snacks.
- Rinse with baking soda and water after vomiting.
- Drink water between meals and snacks.

Healthy mouth, healthy baby

Now that you're pregnant, you want to take extra good care of yourself. Even your teeth.

Pregnancy can affect your dental health. And taking care of your teeth now can affect your baby's health for life.

See your dentist

Routine dental care is safe at any time during pregnancy. You can get dental X-rays, cleanings and fillings.

When you call for an appointment, tell the office you're pregnant and your due date.

Call the dental health provider listed on your Columbia Pacific CCO Member ID card. We can also help:

Call: 503-488-2822
Toll-free: 855-722-8206 TTY: 711

You can get this in other languages, large print, braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 855-722-8206 or TTY 711.

colpachealth.org

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