PREGNANT AND HAVE MEDICAID?

YOU GET FREE
DENTAL COVERAGE
DURING AND AFTER PREGNANCY

When you are pregnant and for 12 months after, **Vermont Medicaid dental care is free.** You won't have a dollar limit or pay a copay.

To get dental services:

- Call Green Mountain Care at **1-800-250-8427** to tell Medicaid you are pregnant.

- Call your dentist to make an appointment. Tell the office you are pregnant.

Dental care is important during and after pregnancy.

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

PROTECT
YOUR BABY'S
SMILE & HEALTH
before and after pregnancy

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

3

STEPS TO PROTECT 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. 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 by 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 regularly.

VERMONT
DEPARTMENT OF HEALTH