



Dental Care During Pregnancy

Did you know? The health of your teeth and gums is directly connected to your overall health. Be sure to get a regular dental checkup early in your pregnancy.

Dental care during pregnancy is important for the overall health and well-being of both the mother and the baby. Proper dental hygiene decreases the risk of having an early delivery and low birthweight babies.

Pregnancy causes hormonal changes that can affect oral health. Neglecting oral care during pregnancy can lead to a range of dental problems, including gum disease, tooth decay and even preterm birth. This is why maintaining good oral health habits and getting regular dental check-ups are essential for a healthy pregnancy. Expectant mothers should complete at least one dental visit during their pregnancy.

[AetnaBetterHealth.com/Illinois-Medicaid](https://www.aetna.com/better-health/illinois-medicaid)



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Gums may be tender and can bleed easily during pregnancy. Talk to your dentist if you experience this. Stomach acids from vomiting can also damage teeth and cause cavities. If you are vomiting while pregnant, take these steps to clean your teeth:

- ✓ Rinse your mouth thoroughly with plain tap water to remove stomach acid from your teeth.
- ✓ Follow up with a fluoride mouthwash or use a dab of fluoride toothpaste on your finger and smear it over your teeth.
- ✓ Brush teeth as the last step and rinse well when done.

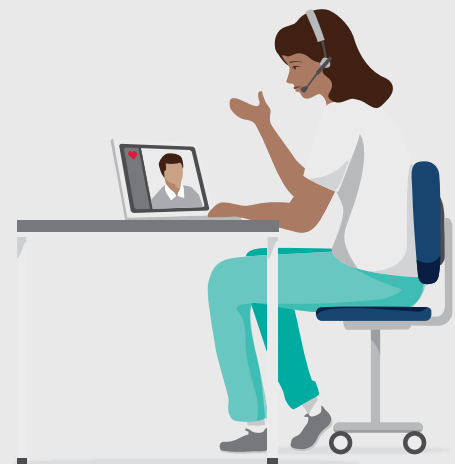
By practicing good oral hygiene habits and addressing any dental issues early in pregnancy, expectant mothers can ensure a healthy smile for themselves and their babies.

Your dentist can provide more oral health care tips and can answer your questions.

Haven't been to the dentist lately?

We're here to help. If you don't have a dentist or need support with making an appointment, contact your Aetna® Care Manager by calling **Member Services at 1-866-329-4701 (TTY: 711)**.

For more information about dental health or find a provider in your area, visit [DentaQuest](#).



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English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call [1-800-385-4104 \(TTY: 711\)](#).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al [1-800-385-4104 \(TTY: 711\)](#).

Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer [1-800-385-4104 \(TTY: 711\)](#).

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