



# Adult Care

LIBERTY cares about more than just teeth!

## health tip: Pregnancy and Oral Health

During pregnancy some women may find they are prone to pregnancy gingivitis—a mild form of gum disease that causes gums to be red, tender and sore. You can prevent gingivitis by keeping your teeth clean. Your dentist may recommend more frequent cleanings to help control gingivitis. If you notice any changes in your mouth during pregnancy, see your dentist. If gingivitis is not treated, it can lead to more serious gum disease.

### Dental health during pregnancy:

- You are much more likely to develop red, swollen and bleeding gums, which are all signs of gingivitis.
- Even small lumps can appear along the gum line or between teeth.
- Continue to see your dentist for regular checkups and dental cleanings to ensure oral health and to prevent or treat cavities that may arise.
- Keep and maintain your oral hygiene habits.

### X-rays during pregnancy:

Pregnant women are often concerned about x-rays during pregnancy. This is understandable. In a lot of cases, your dentist may refrain from taking x-rays until after your pregnancy. Your dental office may consult with your physician before recommending x-rays.

Dental x-rays are sometimes necessary if you have a dental emergency or need a dental problem diagnosed. Your dentist or hygienist will cover you with a lead apron that minimizes radiation exposure to the abdomen. Your dental office will also, whenever possible, use a lead collar to protect the thyroid from radiation.

### Oral health:

Oral health is important for your overall health and the health of your baby. If you have any questions on how to brush and floss properly, to ensure you're removing as much plaque and bacteria as possible, talk to your dentist, and he/she will show you how to properly brush, floss and maintain oral health.

### Need help finding a dentist?

Call our Member Services toll free:

CA 888.703.6999 • NV 888.401.1128  
All other states 888.700.1246



### fact:

Pregnant women are more susceptible to gingivitis and other oral bacterial infections

### tip: Rinse between brushings

Rinsing 2x a day with a quality ADA approved mouthwash will keep your teeth, gums and mouth clean, while gaining extra protection in killing plaque bacteria. This is especially important if flossing is not part of your daily routine.

