ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Dental Care During Pregnancy: What's Safe?

Routine and needed dental care is safe during pregnancy and is an important part of taking care of you and your baby.

What's safe?

During pregnancy, you can safely have:

- Dental exams and cleanings
- Dental X-rays when needed
- Numbing medicine
- Fillings and other needed dental treatment
- Treatment for dental pain or infection

What should wait?

Care that is not needed right away can usually wait until after your baby is born. This includes teeth whitening and other treatment done mainly to change how your teeth look.

Don't wait if you have tooth or mouth pain, swelling, or signs of infection.

Before your appointment:

- Tell the dental team you are pregnant and how far along you are.
- Share the medicines and supplements you take.
- Tell them if you are uncomfortable lying back.
- Ask questions about any treatment or medicine you are concerned about.

You do not need to wait until after your baby is born to get needed dental care.

Want to learn more?

More Pregnancy Tips & Tricks:

- Pregnancy & Oral Health
- Pregnancy Can Change Your Mouth
- Morning Sickness? Protect Your Teeth