

TIPS AND TRICKS

PREGNANCY AND DENTAL CARE



Emergency dental care, visual screenings and oral hygiene education are appropriate at any time during pregnancy.



The ideal time for routine dental cleanings and simple restorative treatment is in the second and first half of the third trimester.



Elective and cosmetic dental care can be scheduled after the baby is born. When making your appointment, ask the office about payment options.



Complete the new patient form prior to the first appointment. Describe any special needs you have, such as language interpretation, back/head/neck support to sit in the dental chair, and relaxation techniques



Plan to bring something from home that will help you relax during dental care such as a blanket, pillow or your favorite music.



Arrange in advance for child care and transportation to the dental office.



Call immediately if you have to cancel the appointment. Some offices will not reschedule patients who do not call to cancel.



Arrive 15 minutes prior to your appointment to complete any additional paperwork



Ask the dentist to give you written instructions for care of your mouth and teeth after treatment

