

## **Questions to ask your dentist**

You can prepare for your dental appointment by asking your dentist questions. Asking questions can help you feel more confident during your appointment. Here are some questions to get you started when speaking with your dentist.

### **1. What experience do you have working with patients who are pregnant?**

Pregnant women need to be cared for closely, especially in the first trimester and you will want to make sure your dentist will be able to properly care for you and your needs.

### **2. Do you and your staff have any specialized training working with expecting women?**

Some dentists and their staff may have specialized training working with women who are expecting. This just ensures that you will receive a high level of care while visiting the dentist.

### **3. How often should I visit the dentist during my pregnancy?**

Most dentists will tell you to continue to visit the dentist twice a year while you're pregnant. However, it's still good to ask so you know what to do if you think you have a cavity or other dental emergency.

### **4. What should I expect my Teeth and Gums to be like during pregnancy?**

Your dentist will be able to give you a good idea of what to expect during your pregnancy when it comes to your mouth. Since your hormones are changing, your teeth and gums may change too and your dentist can help prepare you for this.

### **5. Can any special accommodations be made for me during dental appointments while I'm pregnant?**

Ask your dentist about any accommodations that you feel you need for your appointment. Most dental offices are more than happy to ensure the comfort of their patients.

### **6. Do you offer any videos, brochures, or books on dental care for pregnant women?**

Pregnancy can be an overwhelming time for women, especially first-time mothers. Ask your dentist if they offer any informational materials to help you take the best care of your mouth while you're pregnant.

## **7. What dental procedures and medications are safe during my pregnancy?**

You will want to be sure that anything you put into your body is safe for you and baby. Most dental procedures are safe but ask your dentist to be sure that no harm will be done to your or your child.

## **8. Is dental sedation safe for me during my pregnancy?**

If you need dental sedation for any reason during your pregnancy be sure to talk with your dentist to make sure it's the safest option. Your procedure may need to be postponed if the sedation poses a risk to you and your child.