

Take the First Step

..... Call your dentist today to schedule a visit.

866-268-9631

If you are enrolled in Advantage Dental, you have a dentist.

Call Member Services to:

- Find your dental home.
- Get support making an appointment.
- Arrange transportation to your appointment.
- Arrange for an interpreter.



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Prepared in Conjunction with the Northwest Center to Reduce Oral Health Disparities, Seattle, WA: School of Dentistry, University of Washington



Cavity Prevention Starts During Pregnancy



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Advantage Dental is here to help

Dental Care is Safe and Necessary During Pregnancy

Caregivers pass cavity causing bacteria (germs) to baby.

- Cavities are holes in teeth. Holes are formed when cavity-causing bacteria feeds on sugars inside the mouth, producing acid that attack the teeth.
- Babies are not born with cavity causing bacteria.
- Bacteria transfers from infected caregivers to babies through saliva. For example, this can happen when a baby puts their hand in the caregiver's mouth, or when spoons are shared.
- Teeth are most at risk of harm or infection when they are just coming in.

Member Services

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Steps for a Successful Dental Visit

- **Visit Early:** Your dental office wants to see you early in your pregnancy. Visiting the dentist before the baby is born reduces the baby's chance of cavities in the future.
- **Plan Ahead:** Plan your child care and transportation at least two weeks before your visit. Call member services if you need transportation assistance.
- **Write it Down:** Write down your visit date and put it somewhere handy. Reminder calls are not automatic. Missing your appointment may negatively affect the oral health of you and your baby.
- **Contact Information Change:** Call your dental office if your phone number or address changes.
- **Bring Your ID:** Bring identification to all visits (this includes Oregon Health Plan ID Cards and a Drivers' License).

- **Know When to Call:** For general questions about your dental visit or care, call during regular office hours. For emergency care, call the emergency number provided by the office.
- **Ask Questions:** The advice given by dental staff is done with your best interest in mind. Ask questions during your visit to understand your treatment options.
- **Bring Your Baby to the Dentist:** Preventing the infections that cause tooth decay begins with the first tooth. Bring your baby to the dentist for a prevention check-up by their 1st birthday, even if you see nothing wrong with your baby's teeth.

