DENTAL CARE DURING PREGNANCY

It is always important to maintain good oral health and during pregnancy, you could be at an increased risk for dental disease and need to take extra precautions.

When you first become pregnant or if you are thinking about becoming pregnant, schedule a dental checkup. Brush and floss every day, after meals or snacks, and choose nutritious alternatives.

Because your baby’s teeth begin to develop between the third and sixth months of pregnancy, it is important that you get enough nutrients, especially calcium, protein, phosphorous and vitamins A, C and D.

TRICARE Dental Program Covers Extra Dental Cleaning

If you purchased TRICARE Dental Program coverage, you can get an extra cleaning during your pregnancy. Normally, coverage is only two dental cleanings every 12 months; pregnant women may receive a third routine dental cleaning in a consecutive 12-month period at no cost when provided by a network provider.

To learn about your benefits under the TDP or to locate a network provider, visit www.tricare.mil/CoveredServices/Dental/TDP.