



Do's & Don'ts for Pregnant Patients

Do...

- ...have legs and upper lip waxed.
- ...use self tanning products.
- ...color and perm hair as necessary.
- ...take a tub bath as long as the water is luke-warm and not hot.
- ...exercise as long as you are not contracting, spotting, or have a history of pre-term labor or miscarriage.
- ...keep your heart rate under 140 for aerobic exercise.
- ...go to the dental office for dental procedures. Please make sure your dentist knows you are pregnant prior to obtaining any x-rays.
- ...have intercourse as long as you are not spotting or having contractions.
- ...have a TB test.
- ...get a massage as long as it is a pregnancy massage.

Don't...

- ...tan in a tanning bed.
- ...use a hot tub.
- ...travel after 32 weeks of pregnancy (single pregnancy). Please discuss your travel plans with your practitioner.
- ...travel after 26 weeks of pregnancy (multiple pregnancy). Please discuss your travel plans with your practitioner.
- ...use diuretics.
- ...bleach your teeth. Feel free to use whitening tooth paste instead.
- ...ride a motorcycle.
- ...change kitty litter.