

Common ‘Is it safe’ questions for pregnancy

Below are commonly asked questions we hear from our patients. We have compiled this list to help you. If you don't see your concern/question listed, please be sure to ask your provider.

Exercise: it is acceptable to continue any exercise you were doing prior to conceiving unless you see it listed below.

These are safe in pregnancy:

- To have your hair permed or colored after the first trimester
- Manicure, pedicure, facial, bikini wax, mud bath, salt scrub, seaweed wrap, massage (be aware that some skin types become more sensitive in pregnancy)
- To have your teeth cleaned, tooth filled, crown applied, root canal, teeth whitening
- To take a bath
- To swim in a chlorinated pool or lake
- To carry your toddler
- Benzoyl peroxide for acne
- Acupuncture
- Chiropractic services (as long as no condition has occurred that your doctor has discussed with you)
- To go through airport security, body scanners, metal detectors

These are safe BEFORE 20 weeks of pregnancy:

- To sleep on your back or stomach
- To do sit ups or crunches
- To breastfeed

These are safe with limitations:

- To move furniture (depends on weight and size)
- To have your home exterminated, walls painted, hardwood floors refinished (need good ventilation)
- DEET use (use small amounts on exposed skin or clothing only)