

# Hygiene during pregnancy

**Regular hygiene** is an integral part of everyday life , hygiene is no exception during pregnancy, but there are certain rules that we must follow or pay attention to during pregnancy.

## Body hygiene during pregnancy

During pregnancy, there may be **an increased secretion of sweat or sebaceous glands , therefore regular showering with lukewarm water or a short bath in lukewarm water** is recommended . However, as already mentioned, lukewarm water is always recommended, **a hot bath or shower can cause many serious defects or diseases of the fetus** . In the first trimester, a hot bath can cause cleavage defects or more serious damage to the embryo or its death. In the following months, taking a hot bath reduces the risk of damage to the fetus, but premature birth can be induced.

### Vaginal douches

During **pregnancy, it is not recommended to do vaginal douches** or to use irritating soap, because it can violate the natural acidity of the vagina and thus easily make the way for germs.

## Dental hygiene during pregnancy

Dental hygiene is an inherent part of pregnancy. A pregnant woman is recommended to visit her **dentist or dental hygienist twice** during her pregnancy . Ideally, the visit should take place **at the beginning of the second trimester** and at the **end of pregnancy** . During pregnancy, the risk of tooth and gum disease increases. **Teeth whitening during pregnancy** is considered inappropriate and **not recommended**. If the mother-to-be wants to prevent tooth decay, this can be achieved by increasing the supply of xylitol in the form of e.g. mouthwash. We also recommend a brush with a small head, a straight cut of soft bristles and an ergonomic handle, as well as a single-bundle brush, an interdental brush and dental floss.

## Links

### Related Articles

- Pregnancy
- Hygiene

### Resources

- BABYONLINE,. *Hygiena v období těhotenství* [online]. As. MUDr. Gerychová, Romana, ©2011. The last revision 2020, [cit. 2020-09-11]. <<https://www.babyonline.cz/tehotenstvi/hygiena>>.
- TĚHOTENSTVÍ.CZ,. *Tělesná hygiena během těhotenství* [online]. Risewell s.r.o, ©2018. The last revision 2019, [cit. 2020-09-11]. <<https://www.tehotenstvi.cz/1-trimestr-tehotenstvi-zivotosprava/telesna-hygiena-behem-tehotenstvi>>.
- DENTO DENTÁLNÍ HYGIENA,. *Dentální hygiena v těhotentví* [online]. DENTO DENTÁLNÍ HYGIENA, ©2018. The last revision 2018, [cit. 2020-09-11]. <<https://www.dhdento.cz/svet-dentalni-hygieny/2018/dentalni-hygiena-v-tehotenstvi/>>.