



7 things your mom didn't tell you about pregnancy

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A baby is a wonderful thing! But pregnancy puts a big strain on your body. If you're expecting your first child, you might be getting wisdom from your mother (or another older female). Here are a few things that they might have forgotten to tell you.



Eek! A Spider.

Nobody likes spiders and especially when we're talking about spider veins on our legs, ankles or face. They can be either purple or blue. Spider veins are common and caused by increased estrogen. The good news is that they typically go back to normal; however, it can take up to four months. In the meantime, here are some things you can do to help reduce them:

- Daily exercise
- Wear compression socks
- Uncross your ankles when sitting
- Elevate your feet and legs often
- Sleep on your left side and wedge a pillow behind your back



Happiness is having a scratch for every itch.

Your baby bump will itch as it grows. Most of the time, this means your skin is dry. Scratching can cause stretch marks, but applying moisturizer will usually take care of it. Avoid wearing synthetic materials over your belly and wear fragrance-free lotion. However, if you are itching all over and it gets worse at night, check with your doctor, as this can be a sign of something more serious. Here are a few things you can do to alleviate the itch:

- Lower shower temperature
- Moisturize
- Don't use harsh soaps
- Hydrate! Drink lots of liquids



Hello, libido. Goodbye, libido.

You might get very interested in your partner. Many women experience changes in their sex drive during pregnancy. Your desire will tend to drop during the first trimester but increase during the second. It's perfectly safe to engage in intercourse unless you are bleeding, spotting, or experience discomfort during sex. Some women also experience less interest in the third trimester and for a few months after the baby is born (although that could be lack of sleep). Here's what to expect in each trimester:

First trimester: During the first trimester, your libido tends to drop due to nausea, fatigue, or breast tenderness.

Second trimester: Due to increased blood flow, your libido may kick into high gear and can even enhance your orgasms.

Third trimester: As the baby grows, sex may become uncomfortable. Your libido may also decrease for a few months after the baby is born due to soreness and the healing process.



Got milk?

You might start producing milk as early as the second trimester. It typically occurs in the shower or during intercourse. It's perfectly normal. If it becomes frequent, start using nursing pads early. It will generally be dark yellow. It's pre-milk, or colostrum, which will be your baby's first food. You might also find lumps in your breast that go away if you apply a warm compress. This could be clogged milk ducts. If possible, avoid underwire bras while pregnant. Your breasts are going to enlarge, and wires can get poky and be uncomfortable.

- Clogged milk ducts > Apply a warm washcloth
- Leaking > Try nursing pads
- Enlarged breasts > Avoid underwire bras



(Not so) sweet dreams.

You might be trying to stockpile your sleep before the baby comes, or maybe you take a nap when your baby naps, only to have some disconcerting dreams. This is normal. Most pregnant women get intrusive thoughts, weird dreams, vivid dreams, and nightmares. These can be due to an increase in hormone production. You'll find during pregnancy that your hormones may impact your emotions and your anxiety. It can be a sign that you're nervous about being a mother, and who wouldn't be? You can calm your mind and improve your sleep by trying the following:

- Meditate
- Repeat positive affirmations
- Experiment with different sleep positions
- Start a dream journal
- Stay on a consistent sleep schedule



You come here often?

While you may be going to the bathroom frequently due to urinating more often, you may also be constipated. Constipation is common, especially if you're taking an iron supplement to help support the baby's health. The muscles that move stuff through your gut are close to the ones that push the baby out, so they relax, a bit too much. As your baby grows, they start taking up space normally used by your intestines and making the passage narrower. Drink plenty of water and eat more fiber. If you're taking iron, then try to take a smaller dose through the day or eating more iron-rich food. Do not use laxatives when pregnant, as they might affect your uterus as well. Here are four things you can start doing to get things moving in the right direction:

- Move more
- Drink water
- Eat small meals
- Increase fiber intake



Oh, to be a teenager again (or not)

Your teenage years will come back, well, to your face. More than 50% of pregnant women get acne in the first trimester, and if you had it as a teenager, you are at much higher risk. And sorry, acne treatments aren't recommended for use during pregnancy. Joy. Instead, you may have to rely on home remedies such as:

- Wash your face less
- Shampoo regularly
- Change pillowcase frequently
- Try not to touch your face

We're committed to providing personalized care for women.

Having a baby is a time to both celebrate and prepare.

During pregnancy, your concerns are our concerns. We will answer your questions and help you along the way.

Congratulations, and we look forward to sharing this experience with you.

To learn more about Hudson Physicians OB-GYN providers, please give us a call at 715-531-6800 or visit HudsonPhysicians.com/obstetrics

Sources:

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