



PARENTS CENTRE

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Ask a CBE

So.....what about personal grooming during pregnancy?

I am sometimes asked in class if it's ok to wax legs during pregnancy, have a Brazilian wax, etc. You might find that you have more hair growth during pregnancy, not just on your head, but you may notice other areas such as armpits, upper chin, upper lip, lower back, nipples, pubic area and bikini line.

So, what's the answer? In a nut shell, the answer is Yes, however there are a few things to consider.

Due to some of the hormonal changes during pregnancy, your skin may be more sensitive and itchy, in which case waxing could cause more discomfort than usual. The pubic area in particular, has more blood flowing to your skin making a Brazilian wax a more painful experience than normal. It is always recommended to do a patch test before waxing, and ensure that your beauty therapist is aware that you are pregnant.

Although only a small risk, tiny blood vessels can be broken during pubic waxing, which can potentially become infected.

If you have a genital piercing and it's comfortable then it's fine to leave it there. The reason it may become uncomfortable is that the extra blood volume during pregnancy tends to swell the genital area.

There are mixed thoughts on leaving the piercing in for labour, however if you are having a caesarean section then, like any jewellery, you will need to remove it.

It is not advised to get a genital piercing during pregnancy because any time the skin is broken is an opportunity for infection.

As far as your midwife is concerned, they have seen it all! Their focus will be birth, not the appearance!

References:

<http://www.mypregnancybaby.com/pregnant-piercing/>

<http://www.babycentre.co.uk/x557907/is-it-safe-to-have-a-bikini-or-leg-wax-in-pregnancy>