

## **COLDS AND FLU**

Your best defense against colds and flu is to take good care of yourself, eat a healthy diet, get plenty of rest, exercise moderately and drink plenty of water. Proper hand and cough hygiene is also essential. All of the Mucinex, TheraFlu, Tylenol Cold, Robitussin, DayQuil or NyQuil products can also be used at any stage in your pregnancy. Extra vitamin C and zinc may also be used, but there is not much data to really support their benefit. Over-the-counter medications such as Claritin, Zyrtec and Benadryl may also be used safely at any stage in your pregnancy. A humidifier maybe helpful for nasal congestion. Flu vaccines are recommended to all pregnant women and can be safely administered at anytime during your pregnancy.

## **DENTAL CARE**

You will want to continue to see your dentist and dental hygienist, as you typically would during the course of your pregnancy. You may have your teeth cleaned and you may have local anesthetic for any dental work that is necessary. If your dentist has any questions concerning the advisability of dental procedures during the course of your pregnancy, please do not hesitate to have them contact us. Dental x-rays may also be obtained during the course of your pregnancy. If dental x-rays were felt to be necessary, you would have a lead apron placed over your abdomen and this would shield the baby from any x-rays and would be entirely safe for you and your baby.