

stitches or staples?

A recent study by a medical research team at Lehigh Valley Health Network in Allentown, Pennsylvania, revealed that when C-section wounds were closed with sutures rather than staples, women had fewer post-operative complications. Staples, while a speedy alternative, may lead to an increased risk of separation, infection, antibiotic use, a wound-related physician visit and/or readmission to the hospital. The verdict? Sutures just might be the safer route. So while you're detailing your birth plan, consult your physician regarding your options.

—MEGAN AQUILINA



put a ring on it

If you want to wear your wedding band straight through to the delivery room but your hands are starting to swell, try these elegant designs from Ring My Neck. The clasps attach to your ring for safekeeping. (starting at \$169; ringmyneck.com)

gotta go You need a bathroom, fast! Who knew a free iPhone app could come to the rescue? Plug your location into SitOrSquat (itunes.com), then up pops the nearest restrooms on a map. It will even tell you if a diaper change table is available.

5 signs you might be preppers

The two-week wait between doing the deed and finding out if you're pregnant can drive a gal nuts. Listen to your body; it might be sending you early signals. Here are a handful of the most common:

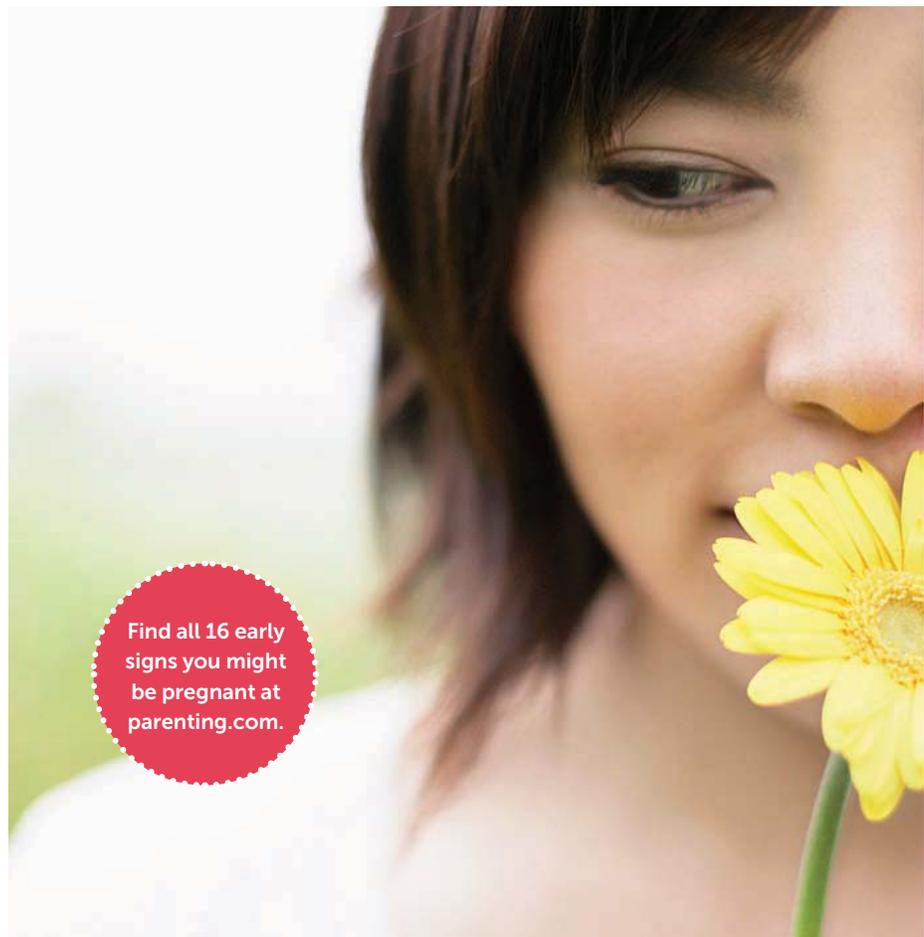
1 sore breasts They feel tender and heavy, possibly with darkened areolas, and you may see more pronounced veins.

2 fatigue You might be feeling tired in response to the increasing hormones.

3 food cravings or aversions Yep, it just might be your body telling you you're pregnant.

4 constipation or bloating The extra progesterone slows down your digestive system.

5 super smell You may be repulsed by certain smells or have an increased sensitivity to some odors.



Find all 16 early signs you might be pregnant at parenting.com.