

7 common skin conditions

during pregnancy
you should know
about!



Hyperpigmentation

What is it?

Refers to dark spots or patches on the skin. An increase in naturally occurring melanin causes this.

Which body part?

The areolae, axillae, and genitals.
Brown patches on the face, cheeks, nose, and forehead

Who gets it?

Nearly all women experience some degree of hyper pigmentation during pregnancy. More pronounced in women with a darker complexion.

Treatment?

It resolves after delivery, but it might persist for several years. Seek consultation with a dermatologist about ways to treat melasma during pregnancy.

PUPP

What is it?

Pruritic urticarial papules and plaques of pregnancy (PUPPP) is a condition in which pale red bumps appear on the skin of a pregnant woman, leading to significant itching, burning, or stinging. These bumps vary in size, ranging from tiny areas to larger areas that form a plaque.

Which part of the body?

The most common areas are abdomen, legs, arms, breasts or buttocks

Treatment?

PUPPP typically resolves after delivery. To relieve inflammation and itching, your doctor might prescribe medications.

Self-care tips

- Using lukewarm water when washing
- Applying cool compresses
- Wearing loose or lightweight clothing
- Avoiding the use of soap on skin that has PUPPP

Stretch marks

Who gets it?

Most pregnant women get it.

Which part of the body?

Abdomen, buttocks, breasts, or thighs

What do they look like?

Stretch marks initially have a reddish-purple appearance and fade to silver or white over time.

Treatment?

Although they often fade, stretch marks never completely resolved. Some consider laser and prescription creams.

Self-care tips

Hydrating the skin with moisturizers is a sensible control measure during pregnancy. Apply them frequently all over your body after a shower.

Skin tags

How common is it?

The development of skin tags during pregnancy is common

Which part of the body?

Neck, chest, back, groin, and under the breasts.

Can they spread?

Skin tags are generally not dangerous or malignant. If they are in a place in which they are at risk of irritation or bleeding, due to clothing or repetitive motion, a doctor can remove them.

Acne

How common is it?

More than half of pregnant can expect a skin breakout during pregnancy and in some cases, it can be severe.

What are the chances you get it?

It's hard to predict who will develop pregnancy acne but you have a higher chance, if you have a history of acne at the start of your menstruation. If you dint get any acne during your 1st trimester, then its unlikely you would develop any in your pregnancy.

Treatment?

Managing acne when you're pregnant can be tricky. That's because many prescription and over-the-counter treatments come with a high risk of birth defects.

Self-care Tips

- Washing the face with lukewarm
- Water
- Using a mild cleanser twice daily
- Keeping hair away from the face
- Shampooing daily
- Avoiding picking at pimples
- Using oil-free cosmetics

Striae gravidarum

What does it look like?

Striae appear as pink-purple, atrophic lines or bands

Who gets it?

90% women in 3rd Trimester
More common in younger women, women with larger babies, and women with higher body mass

Which body parts?

abdomen, buttocks, breasts, thighs, or arms

Products that help

- Vitamin E cream
- Cocoa butter
- Aloevera lotion
- Olive oil

Vien changes

How common is it?

It is relatively common to find vein changes during pregnancy. You are likely to get varicose veins if you have a family history with this condition.

When can you get?

Anytime during your pregnancy, the chances get higher as your bump gets bigger. Usually, they are harmless and painless.

Which part of the body?

Spider veins & Red veins are seen on the face, neck, and arms.

Varicose veins can appear on the legs, vulva, vagina, and rectum.

Treatment?

In most cases, they shrink or disappear within 3 to 4 months of giving birth. However, if you are uncomfortable living with it and if it persists for long then reach out to a specialist.

Self-care tips

- Relieve varicose veins by following the below tips;
- Limit periods of sitting and standing.
- Use compression stockings
- Elevate your legs when possible.
- Sleep on your left side

Try prenatal exercises for varicose veins from Mind & Mom wellness App