

## Acne treatments to avoid during pregnancy

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If your “pregnancy glow” looks more like puberty due to acne and pimples, you are not alone! The hormonal change during pregnancy causes an increase of oil production and can lead to break-outs.

Although it is never fun to have acne, rest assured in knowing that many women will have break-outs in the first trimester, but will start to improve during the second trimester.

You may be tempted to slather on the high-powered acne treatments to get rid of the bumps, but make sure you are using pregnancy-safe products.



“Some acne medications, in particular, come with a high risk of birth defects to the developing fetus or a child that is being breastfed,” says **Dr. Rebecca Baxt, a New Jersey/New York based board-certified dermatologist.**

Read the ingredients of your acne medication and make sure they do not contain the following ingredients that Dr. Baxt says should be avoiding during pregnancy and breastfeeding:

1. **Tretinoin (Retin-A)**
2. **Adapalene (Differin)**
3. **Tazarotene (Tazorac)**
4. **Salicylic acid**, which is found in many over-the-counter products

She said not only do you need to be careful of the oral medications you take, but also the topical medications you take in pill form, including:

1. **Isotretinoin.** The birth defect risks are so high, women of childbearing age must be on two forms of birth control while on the treatment
2. **Hormone therapy**, such as estrogen and the anti-androgens flutamide and spironolactone
3. **Oral tetracyclines**, such as antibiotics tetracycline, doxycycline and minocycline