
I hate ACNE!

Posted by Suzy - 2008/02/07 11:47

I'm 20 weeks pregnant now and having the worst time with acne. I have never had an acne problem prior to pregnancy but now my face is a war zone. I feel like I look like a monster, I want to avoid everybody. What can I do? Is it safe to use over-the-counter preparations contain retinoic acid or erythromycin?

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Re:I hate ACNE!

Posted by wael - 2008/02/07 14:36

Acne during pregnancy is hormonal, which is good news, because once the hormones are regulated, this usually means that the skin will normalize.

Acne can be treated by a dermatologist in non-pregnant women through prescription drugs such as Accutane, Retin-A, and Tetracycline. However, use of these drugs is discouraged by pregnant women or women trying to conceive and should be thoroughly discussed with your health care provider and dermatologist.

There are several treatments that contain benzoyl peroxide, which have been suggested pregnant women to use because they are safe, but are in many cases a serious allergen, so be aware. Nevertheless, there are over-the-counter medicines that you may require to stay away from such as salicylic acids because it is known to have mutagenic effects (DNA damage). Always consult your doctor before taking medications during pregnancy, whether prescription or over-the-counter.

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