

# SKIN CONDITIONS AND PREGNANCY

During pregnancy, the body changes in many ways. In addition to weight change, one of the most noticeable changes occurs in the skin, hair, and nails. Although many of these changes can be annoying as they can alter your appearance, many of them are harmless and often disappear after giving birth.

## COMMON SKIN CHANGES DURING PREGNANCY

Most people know that certain changes will occur in the body during pregnancy, such as back pains and swollen feet. However, the changes often surprising to pregnant women are those that occur in the skin, hair, and nails.

## SOME OF THE SKIN CHANGES THAT CAN OCCUR ARE:



**Stretch marks on the skin**



**Spider veins**



**Varicose veins**



**Dark spots**



**Acne**



**Hair changes**



**Nail changes**



**Pruritic urticaria papules and plaques of pregnancy**



**Intrahepatic cholestasis of pregnancy**



**Pre-existing skin disorders**

Changes that occur in the skin, hair, and nails during pregnancy can be bothersome. However, most of them disappear after giving birth. If you develop unusual signs and symptoms such as itching, redness, or small masses or lumps, tell your health care professional. Many of the skin disorders that occur in pregnancy are treatable and do not cause lasting effects for you or your baby. Others, however, can be serious and should be carefully monitored during pregnancy.



For more information, please contact the Preventive & Educational Community Services Unit **787.277.6571**.



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