

Skin Health in Pregnant Women and Newborns.

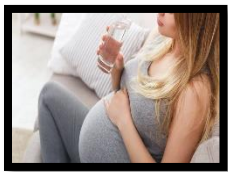
Pregnant women experience changes in their skin, most of which are normal and disappear after pregnancy.



From the second trimester of pregnancy, stretch marks can appear on the breasts and abdomen, since they are the areas where the skin is stretched the most in a short time. These stretch marks are called: Stretch marks (gravidarum).

There is no treatment that is 100% effective to avoid stretch marks during pregnancy, but you can follow some precautions to prevent them:

Skin hydration: Use moisturizers several times a day, especially when you get out of the shower. The use of almond oil, rich in fatty acids and vitamin E, is also recommended to treat stretch marks. Creams and oils help restore elasticity to the skin and regenerate it.



Drink plenty of water: Maintaining the correct hydration helps to promote the elasticity of the skin.

Moderate physical exercise: Being in shape helps to tone the skin and keep it more elastic.

Healthy Eating: Eat a healthy balanced diet rich in vitamins A, C and E to promote collagen production.

Avoid exposure to the sun: The skin becomes sensitive and dries quickly when exposed to the sun. It is important to use a sunscreen and cover the skin as much of the time as possible.



Other skin changes:

Changes in hormone levels during pregnancy often have other effects on the skin.

"Pregnancy mask" or chloasma: Brown or yellowish patches around the eyes and on the cheeks and nose.



The black line: Dark stripe in the midline of the lower abdomen.



To prevent these changes, wear clothing that protects you from the sun and sunscreen. Sunlight can make these skin changes darker.

Most skin color changes fade within several months after giving birth.

Feeling itchy during pregnancy

After 34 weeks of gestation, your skin will likely become drier, which could lead to a rash and itching. Most of the time, the rash will be in the belly area, but it can spread to the thighs, buttocks, and arms.

To relieve rash symptoms, your healthcare provider may suggest or prescribe:

An antihistamine, to relieve itching (talk to your provider before taking any medications on your own).

This rash will not harm you or the baby, and it will go away after birth.

The newborn

Until three years of age, children's skin has not finished developing and is not prepared to defend itself from cold, wind, sun and / or dry air.

At birth, a newborn's skin has:

- Deep reddish skin. The skin darkens before the baby takes its first breath (when he first cry).
- A thick, waxy substance called oil smear that covers the skin protects the fetus from amniotic fluid in the uterus. The oil should disappear during the baby's first bath.
- A fine, soft hair (lanugo) that can cover the scalp, forehead, cheeks, shoulders and back. The hair should disappear within the first weeks of the baby's life.

For the care of your baby's skin, you should consider:

1. **The soap** must be liquid, hypoallergenic and with a neutral pH.
2. **Gently pat dry** without rubbing so as not to irritate the skin.
3. **Hydrations** apply a moisturizing lotion, giving a gentle massage.
4. **When changing the diaper**, use wet baby towels or water and liquid soap. It is important to clean these areas from the cleanest to the dirtiest (front to back).
5. **Do not overdo the perfume**, you can use an alcohol-free cologne to spray on your scalp or on your clothes.
6. **Outside the house**, always apply a moisturizing lotion with sun protection to the baby, even if there are clouds and the sun does not come out.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

- <https://medlineplus.gov/spanish/ency/patientinstructions/000611.htm>
- http://www.codem.es/Adjuntos/CODEM/Documentos/Informaciones/Publico/7e040f14-0bea-421f-b327-440fe67f3617/580d19a2-436f-4876-ac5c-72e6b0775601/ce3f63de-4c2c-4887-b6c6-2d36fa778e5d/Gu%C3%ADa%20de%20consenso_DEF.pdf
- <https://cuidateplus.marca.com/familia/bebe/2016/07/15/ciaves-cuidado-piel-bebe-recien-nacido-113403.html>
- <https://www.masabrazos.com.pe/mi-embarazo/segundo-trimestre/prurito-picazon-comezon.html>
- <https://letsfamily.es/bebes/10-reglas-de-oro-para-cuidar-la-piel-de-tu-bebe/>
- <https://medlineplus.gov/spanish/ency/article/002301.htm#:~:text=La%20piel%20del%20reci%C3%A9n%20nacido,puede%20volverse%20seca%20y%20escamosa.>

Prepared by licensed Health Educators. Revised June 2021. © First Medical Health Plan, Inc.

