



## **Freckles and Skin During Pregnancy**

Advice by Amy Derick, MD

### *Question:*

I have a lot of freckles on my face, which seem to haven gotten worse since I've been pregnant. Are chemical peels safe during pregnancy?

### *Answer:*

Pregnancy can result in dark patches on the face, called melasma. Before treating this condition, you should confirm the diagnosis with a board-certified dermatologist because dark marks on the skin could be the sign of something more dangerous, like melanoma.

Chemical peels are not typically used first-line for melasma. Furthermore, certain chemical peels, like salicylic acid peels, are considered unsafe during pregnancy. I would recommend wearing a daily sunscreen of SPF 30 or higher that includes antioxidants during your pregnancy and waiting until you have delivered (and breastfed, if planned) to start treatment for this condition.

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