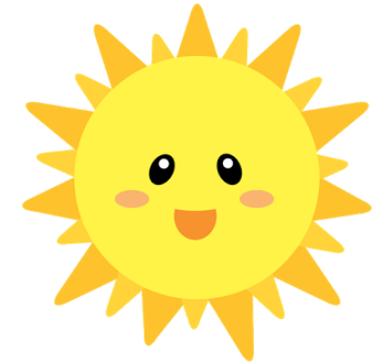




Skin health during pregnancy and infants

Health Prevention and Education Unit
Prepared by Licensed Health Educatorss

Objectives



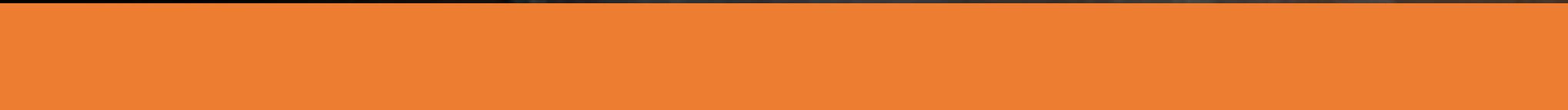
Be informed about the skin and its functions.

Identify changes in the skin of the mother and newborn.

Mention the preventive measures to avoid skin injuries.

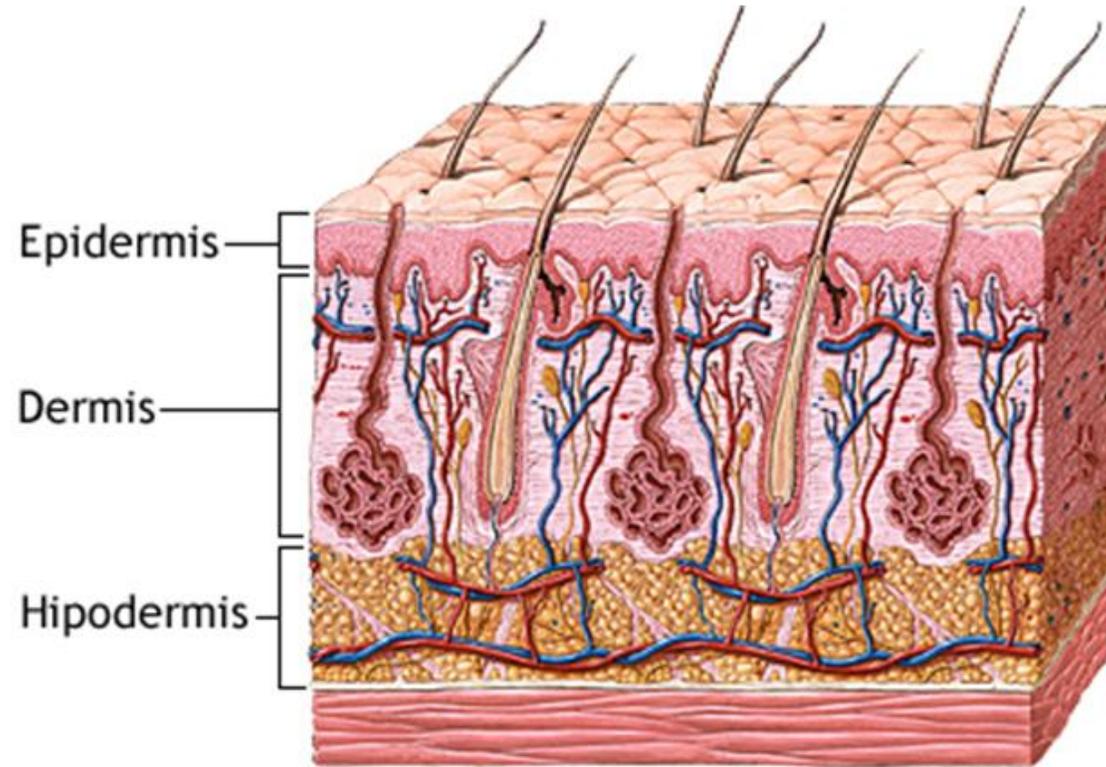


Let's talk about skin ...

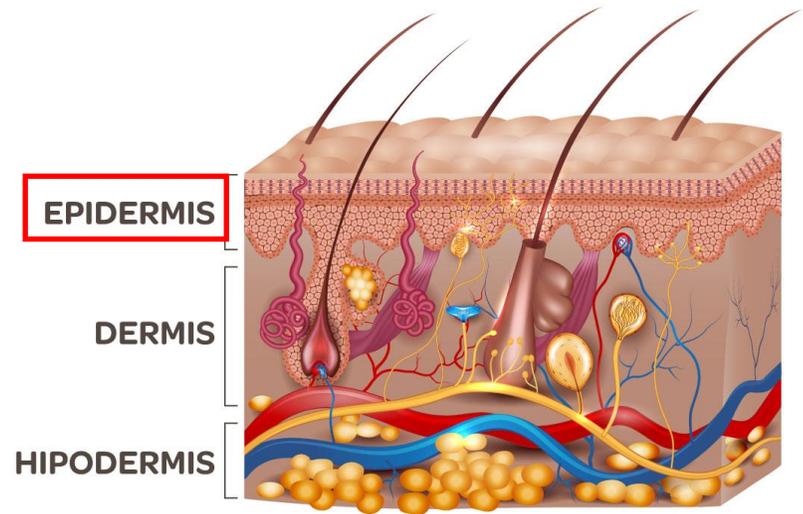


Skin

It is the largest organ in the body.



Skin Structure



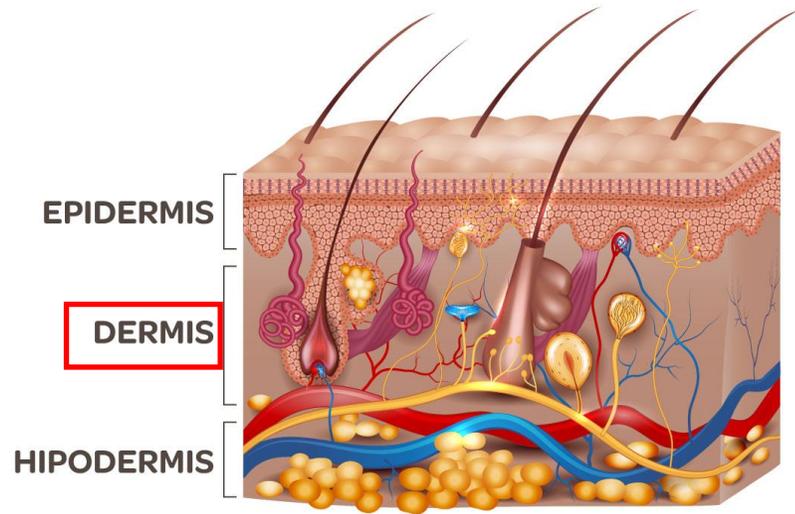
Epidermis

- Outer layer of the skin.

Function

- Protect the body from:
 - Bacterias
 - Fungus
 - Ultraviolet rays

Skin Structure



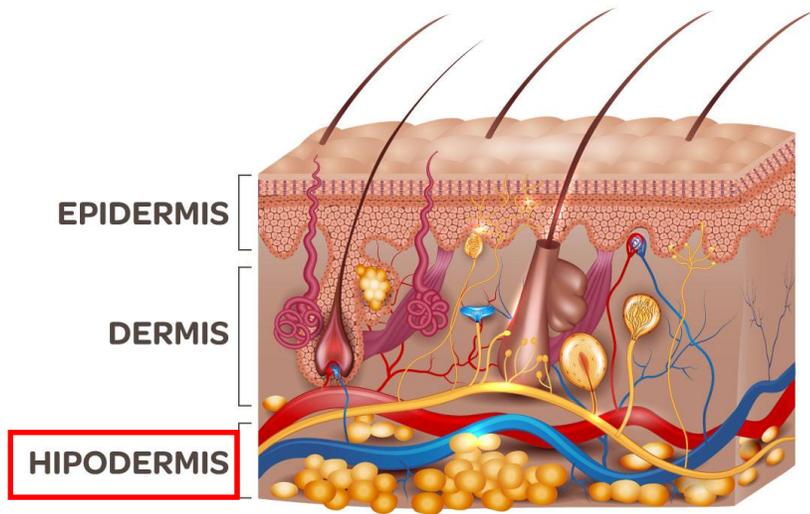
Dermis

- Inner layer of the skin between epidermis and hypodermis.
- Contains cells that provide flexibility, support, and strength.

Function

- Where the sensory receptors are located.
- Receives stimuli and reacts to pain, pressure, and temperature.

Skin Structure



Hypodermis

- Deepest layer of the skin.
- It is formed by adipocytes (fat cells).

Function

- Insulate the body and help conserve heat.
- Regenerate skin after an injury.

Skin Functions



Protects against sunlight, heat, injury, and infection



Regulates body temperature



Stores water ,and fat



It is a sensory organ



Prevents water loss



Prevents the entry of bacteria



Acts as a barrier between the organism and the environment



Skin health during pregnancy ...

Stretch marks (*Striae gravidarum*)



- Starting in the second trimester of pregnancy, stretch marks known as gravidarum can appear on the breasts, hips, buttocks, and/or abdomen, as these are the areas where the skin stretches the most in a short period of time. These stretch marks can be red, brown, or purple in color.
- There is no 100% effective treatment to prevent stretch marks during pregnancy. However, practicing certain precautions can reduce their appearance.

Dynamic:
How can you
nurture and
protect your
skin?



Preventive care to safeguard against damage:



Skin hydration

Use moisturizers several times a day, especially when getting out of the shower.

You can also apply almond oil, rich in fatty acids and vitamin E, to treat stretch marks.

Creams and oils help restore skin elasticity and regenerate it.



Avoid aggressive chemicals

Avoid aggressive ingredients in skin care products, such as retinoids, parabens, phthalates, artificial fragrances, and dyes.

Preventive care to safeguard against damage:



Stress reduction

Stress can have a negative impact on the skin during pregnancy. Practicing relaxation techniques, such as prenatal yoga or meditation, can help reduce stress and improve skin health.



Drink water

Maintaining the right hydration helps to promote skin elasticity.

Preventive care to safeguard against damage:



Moderate physical exercise

Being in shape helps tone the skin and keep it more elastic.



Healthy eating

Maintaining a healthy, balanced diet rich in vitamins A, C, and E will help you favor collagen production.



Avoid sun exposure

The skin becomes sensitive and dries out quickly when exposed to the sun. It is important to use sunscreen and cover the skin as long as possible.

Skin changes

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



The black line

Dark vertical stripe in the midline of the lower abdomen.



"Pregnancy mask" or chloasma

Brown or yellowish patches or spots around the eyes, on the cheeks and the nose.

- To prevent these changes, wear sun protective clothing and sunscreen. Sunlight can cause these skin changes and darken pigments.
- Most skin color changes fade within several months after giving birth.



Experiencing itchiness during pregnancy:



After 34 weeks of gestation, your skin is likely to become drier, which could cause rashes 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 the rash, your health care provider may prescribe an antihistamine cream.



This rash will not hurt you or the baby and will disappear after birth.



Remember...

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





Skin health in the newborn...



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

The following may appear on a baby's skin:



Deep reddish skin. The skin darkens before the baby breathes for the first time (when he makes his first cry).



A waxy and thick substance called caseous vernix that covers the skin protects the amniotic fluid roof in the uterus. The vernix caseoso must disappear during your first bath.



A fine and 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.

The following may appear on a baby's skin:



Newborn acne.

This can manifest as pimples, pimples or mild dermatitis. It is usually seen on the face, especially on the nose and chin.



Also, you may notice that your newborn's skin flakes a little, especially on the palms of the hands, the soles of the feet, and the ankles. After a few days, the peeling of the newborn's skin usually disappears on its own.



Diaper dermatitis.

This is a rash on the skin that shows inflamed areas in the buttocks, thighs, and genitals. It may be because wet or dirty diapers were not changed often enough, but also due to sensitivity and friction.

For your baby's skin care you should consider:



Liquid soap, hypoallergenic, and with a neutral pH.



Dry it gently, tapping it, without rubbing it, so as not to irritate the skin.



Apply a moisturizing lotion, giving a gentle massage.



When changing the diaper, use baby wet towels or liquid soap and water. It is important to clean these areas from the cleanest to the dirtiest (from front to back).



Do not overdo it with the perfume; you can use an alcohol-free cologne to spray on the scalp or on clothes.



Outside the house, always apply a moisturizing lotion with sunscreen to the baby, even if it is cloudy.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with the emotional and physical concerns that arise during and after pregnancy, please visit your obstetrician-gynecologist.

Available Service Lines

- **Medical Advice Line**

24 hours a day/7 days a week

1-844-647-7801

TTY/TDD: 1-844-347-7804

- **Customer Service**

1-844-347-7800

TTY/TDD: 1-844-347-7805

- **APS Health**

787-641-9133





Questions or
Comments?



References

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