

Acne

There are three forms of acne that might be important for women and their newborn children. PREGNANT WOMEN who have had acne in the past sometimes note improvement in their acne. For other women, pregnancy makes acne worse or causes it to develop even if it has not been present in the past. It is not possible to predict the course of acne during pregnancy for most women.

NEWBORNS can develop a skin rash on their face that looks like acne. This acne is thought to be caused by the hormones in the mother's blood. These hormones are transferred to the infant through the placenta and remain in the infant's blood causing increased oil production with resultant acne lesions. The best way to care for this "acne" is to wash it with a gentle soap a couple times a day and pat dry- do not rub- a newborn's skin is very sensitive. Occasionally, medications applied to the infant's skin are required, but this is uncommon.

INFANTS may occasionally develop acne at about 3-6 months of life. It is more common in boys and among those infants whose parents have also had problems with acne. This form of acne more commonly requires treatment. It usually resolves by about three years of age and leaves no scars.