



Authoritative facts about the skin from the [New Zealand Dermatological Society Incorporated](#).

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Acne in pregnancy

During pregnancy, [acne](#) can both clear and get worse. In early pregnancy, acne often gets a bit worse but as pregnancy progresses, acne can often improve, possibly because of increased levels of oestrogen.

Acne in pregnancy



Treatment in pregnancy

Topical treatments that can be used in pregnancy include:

- [Benzoyl peroxide](#)
- [Azelaic acid](#)

On the whole, it is preferable to avoid oral medicines in pregnancy in case they have an effect on the fetus. However, oral [erythromycin](#) may be prescribed safely for severe acne.

The following medications **must be avoided** in pregnancy or if pregnancy is being contemplated:

- [Tetracycline](#)
- [Oral isotretinoin](#)
- [Topical retinoids](#) (tretinoin, isotretinoin and adapalene)
- [Salicylic acid preparations](#)

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- [Hormone changes in acne](#)

Related information

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DermNet does not provide an on-line consultation service.
If you have any concerns with your skin or its treatment, see a [dermatologist](#) for advice.

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