

## Current Cosmetic Treatments in Pregnancy

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**Abstract :** The goal of this work is to report the main dermatological alterations occurring during pregnancy and actual cosmetic protocols available and recommended for safe use. Throughout pregnancy, woman's body undergoes many transformations such as hormonal changes and weight gain. These alterations can result in undesirable skin aspects that end up affecting the future mother's life. The main complaints of pregnant women involve melasma advent, varicose veins, edema, and natural skin aging. Even if most of the time is recommended to wait for the birth to use cosmetics, there are some alternatives to prevent and to treat these alterations during pregnancy. For all these cases, there is a need to update information about safety and efficacy of new actives and technologies in cosmetic products. The purpose of this study was to conduct a literature review about the main skin alterations during pregnancy and actual recommended treatments, according to the current legislation.

**Keywords :** pregnancy, cosmetic, treatment, physiological changes

**Conference Title :** ICCT 2017 : International Conference on Cosmetology and Trichology

**Conference Location :** Miami, United States

**Conference Dates :** March 09-10, 2017