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PREGNANCY & Newborn

OUR
BREAST
ISSUE
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- NURSING APPAREL
- THE TOP PUMPS
- TIPS & TRICKS

ASK THE EXPERTS
Beauty edition

Friends every new mom needs

CLASS ACTS
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August 2012

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beauty

What's the safest, most effective way to treat acne?

There is no way to avoid acne during pregnancy—some get it, some don't. To treat, we only give meds that we know are safe for pregnant woman, such as topical erythromycins. We also find many patients benefit greatly from using the Clarisonic cleansing system during pregnancy to maintain their skin and prevent or treat acne.

—MICHAEL GOLD, MD, board-certified dermatologist and dermasurgeon, Nashville, TN



Clarisonic system \$225

Can I get a spray tan?

It's safe as long as you wear a disposable surgical mask through the process.

—CINDY BARSHOP, owner and founder of Completely Bare Spas, New York, NY

How do I deal with the mask of pregnancy?

In today's world there are a lot of choices. Most of us prefer to use hydroquinone (HQ) products, although there is some push-back with HQ products at this time. I like Neocutis' Blanche treatment (with HQ) for post-pregnancy and the Perle (without HQ) for during pregnancy.

—MICHAEL GOLD, MD, board-certified dermatologist and dermasurgeon, Nashville, TN



PERLE Skin Brightening Cream Formulated with Melaplex™
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Neocutis brightening cream \$95

Is it safe to dye my hair?

I always tell my patients that once they're pregnant it's not about them anymore—it's all about the baby. It's a hard transition and not coloring the hair can be tough on many women. There are no good studies that show safety of hair dye or harm from it in pregnancy. The truth is, we don't know 100 percent so we recommend staying away from it if at all possible. If you must dye your hair during pregnancy, rest assured, very little of the chemicals get into the blood stream and it's probably OK, but you might want to try natural pure vegetable dyes. Most of my patients just grow out their hair while pregnant—they don't want to take any unnecessary risks.

—REBECCA BAXT, MD, board-certified dermatologist and assistant clinical professor of dermatology at New York University, Paramus, NJ

Can I whiten my teeth?

Expectant moms need to wait because there is not enough research to determine the safety of teeth whitening products during pregnancy, but nursing mothers are fine to whiten.

—JONATHAN B. LEVINE, DMD, oral health expert, New York, NY



Baby isn't the only one you're bringing home. In lieu of super expensive whitening treatments, get professional results in the comfort of your own abode.

GLO Brilliant personal whitening system \$275

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