



# Skincare Products To Avoid When Breastfeeding



**BREASTFEEDING?**

**Skincare  
Products**

**To  
AVOID**

For 9 months you carefully monitored everything you put into your body. You slashed your caffeine consumption, avoided sushi and alcohol. While pregnant and breastfeeding mums are very conscientious about what they're eating and drinking, they are often less aware of the harmful effects that other items they might use can have on their baby.

We've compiled a quick list of products you might be using that can be harming you baby, starting with:



## Makeup

While not all makeup products are harmful to babies, there are some that should certainly be avoided. Products that are marked as “non-acnegenic”, “non-comedogenic” or that are mineral-only makeup products are generally safe to use when breastfeeding as these don’t clog pores and are oil-free.

### **Products to avoid are those which contain salicylic acids or retinoids which are often listed as:**

- Retinoic acid
- Retin-A
- Retinol
- Retinyl linoleate or palmitate
- Differin
- Razarotene or tazorac and avage

## Sunscreens

Sunscreens are generally safe to use, though some studies have suggested that some ingredients that can be found in chemical-based sunscreens can be dangerous not only when breastfeeding, but when pregnant. When possible, avoid sunscreens that contain:

- Retinoids (listed above)
- Oxybenzone
- Octinoxate

## Acne Products

Even if you may have been pimple-free since your teens you may suffer from acne breakouts as your body changes with the growth of your baby. Before you reach for an over the counter every



day acne product, it's always best to contact a dermatologist to ensure that the products you're using are safe for your baby.

## **Don't purchase products that contain:**

- Retinoids
- BHA or Beta Hydroxy acid
- Salicylic acid (or choose products that contain no more than 2%)

Pregnant and breastfeeding leaves many mums struggling to manage her new appearance, whether it be pimples or just trying to make herself look “refreshed” with makeup products after a long, sleepless night. One surefire and healthy way to boost your spirits and your appearance is to make appropriate clothing choices that won't only have you looking fresh and fashionable, but will make your life as a breastfeeding mum a whole lot easier:

## **Choose Garments For Your New Body**

Forget fighting to fit into a pair of size 6 jeans. Treat yourself to a pair of well structured post-pregnancy pants with an adjustable high-waist band, or select shirts that will show off your new curves while concealing any trouble areas.

## **Focus on Colour**

Bold and rich jewel tones are in this season. Choose pieces featuring colours that will enhance your natural glow, such as emerald and baby blues for lighter skin, metallics and neons for bronze skin, and striking colours such as cobalt and red for darker skin.

Go “Breastfeeding Friendly”. Pieces designed specifically for breastfeeding allow mums to stay on trend while also remaining comfortably concealed when feeding her bubs.