

Skin Changes During Pregnancy

Dermatoses of Pregnancy

1. Pemphigoid gestationis/herpes gestationis (fetal risk)
2. Cholestasis of pregnancy (fetal risk)
3. Pruritic urticarial papules and plaques of pregnancy (PUPPP)/polymorphic eruption of pregnancy (PEP)
4. Prurigo of pregnancy—may include pruritic folliculitis

Pigmentary Changes of Pregnancy

1. Hyperpigmentation: anogenital region, areola-nipple complex, axillae, inner thighs
2. Linea nigra on abdomen
3. Melasma
4. Nevi and freckles darken

Vascular Changes of Pregnancy

1. Gingival hyperemia or hyperplasia
2. Hemorrhoids
3. Nonpitting edema
4. Palmar erythema
5. Pyogenic granulomas
6. Spider angiomas
7. Varicose veins
8. Vasomotor instability

Hair Changes of Pregnancy

1. Hirsutism
2. Postpartum telogen effluvium
3. Postpartum androgenetic alopecia

Nail Changes of Pregnancy (None are Pathognomonic)

1. Subungual hyperkeratosis
2. Onycholysis
3. Transverse grooving
4. Brittleness

Connective Tissue Changes of Pregnancy

Striae gravidarum/stretch marks (in up to 90%)

Glandular Changes of Pregnancy

1. Increased eccrine & sebaceous function
2. Decreased apocrine function

Diseases Potentially Improved During Pregnancy

1. Acne
2. Atopic dermatitis
3. Fox-Fordyce disease
4. Hidradenitis suppurativa
5. Psoriasis
6. Rheumatoid arthritis
7. Sarcoidosis

Diseases Potentially Worsened During Pregnancy

1. **Infections:** Candida vaginitis, condyloma acuminata, herpes simplex, leprosy, pityrosporum folliculitis, trichomoniasis, VZV
2. **Immune-mediated diseases:** Dermatomyositis/polymyositis, lupus erythematosus, pemphigus vulgaris, systemic sclerosis
3. **Metabolic diseases:** Acrodermatitis enteropathica, porphyria cutanea tarda
4. **Connective tissue disorders:** Ehlers-Danlos syndrome, pseudoxanthoma elasticum
5. **Miscellaneous:** AIDS, cutaneous T-cell lymphoma, erythrokeratoderma variabilis, hereditary hemorrhagic telangiectasia, neurofibromatosis

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