This article was written by [Madison Skin & Laser Center, Dr. Heather D. Rogers](http://www.madisonskin.com/who-we-are/dr-heather-rogers.html)

**Topical medications you may want to avoid during pregnancy.**

Some of these topical medications are in the "gray zone" or controversial. Some doctors will prescribe them and others won’t. The "B" category in the FDA Pregnancy Categories is "No Evidence of Risk in Humans." But, again, some doctors will prescribe them, others won’t. That decision often depends on the patient, their skin condition, their stage of pregnancy, their level of anxiety over medications , etc.

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| --- | --- | --- | --- |
| **Generic Name** | **Brand Name** | **Treats** | **FDA Pregnancy Category** |
| Clindamycin | E-Mycin | Acne | B |
| Clindamycin | Cleocin | Acne | B |
| Azelaic Acid | Finacea | Acne | B |
| Alpha Hydroxy Acid | Peels and in some skincare | Acne | Safe |
| Glycolic Acid | Peels and in some skincare | Acne | Safe |
| Vitamin C | Various skincare | Anti-Aging | Safe |
| Amoxicillin | The Penicillin family | Rosacea | B - Safe when past third trimester |

**Benzoyl Peroxide, Salicylic Acid, and Acne Care During Pregnancy.**

Many of our patients ask me about using benzoyl peroxide or salicylic acid.

Benzyl peroxide is a class C, so there are no studies on humans or animals, but it can be absorbed through the skin. We recommend avoiding this medication in pregnancy.

Other topical acne treatment options are topical erythromycin or clindamycin (both class B), or azelaic acid (class B) for the treatment of acne, rosacea, and hyperpigmentation during pregnancy. Azelaic acid is sold as the brand name Finacea. Discuss these medications with your doctor and see the addendum below for FDA categories and what they mean.

Salicylic acid is a class C. It is the metabolite of aspirin, which is class D and can be absorbed through the skin. No studies exist on pregnant women but animal studies have shown an association with birth defects when given systemically in high doses. We recommend avoiding this medication for safe pregnancy skin care.