

Pregnancy Skincare: Choices (SkinCeuticals + Synergie Skin)

Patient information (general advice only)

Ingredients to avoid during pregnancy

- Retinoids (vitamin A derivatives): retinol, retinaldehyde, retinyl esters, adapalene, tretinoin, tazarotene, isotretinoin.
- Hydroquinone (high systemic absorption).
- High-strength peels without medical guidance (e.g., high-concentration salicylic acid, trichloroacetic acid, phenol).
- Arbutin and other hydroquinone precursors (use only with clinician advice).

Generally acceptable skincare ingredients (when used as directed)

- Hyaluronic acid, glycerin, and panthenol (B5) for hydration.
- Niacinamide (vitamin B3) for barrier support and redness control.
- Azelaic acid (for acne and pigment) as advised by your clinician.
- Mineral sunscreens (zinc oxide/titanium dioxide).
- Low-strength AHAs such as lactic acid (use with diligent sun protection).

Important notes

- This handout avoids restricted actives (retinoids, hydroquinone) and uses gentle hydrators and mineral sunscreens.
- Some Synergie products (e.g., ÜberZinc) list zinc oxide 21% with specific SPF ratings on the label; follow label directions for sun protection.
- Patch-test new products. Discontinue if irritation occurs.
- This is general information and not a substitute for medical advice. Seek personalised guidance from your healthcare professional.

Pregnancy-appropriate routine sets by skin type (brand examples)

Note: Examples use pregnancy-appropriate items only. Always follow product labels and your clinician's advice. Daily broad-spectrum SPF is essential.

Skin type	Brand	AM routine	PM routine
Oily / blemish-prone	SkinCeuticals	Cleanse: Soothing Cleanser Hydrate: Hydrating B5 (oil-free) Protect: Mineral SPF 50+	Cleanse: Soothing Cleanser Treat: Metacell Renewal B3 (niacinamide) Hydrate: Hydrating B5
Normal / combination	SkinCeuticals	Cleanse: Soothing Cleanser Hydrate: Hydrating B5 → Metacell Renewal B3 Protect: Mineral SPF 50+	Cleanse: Soothing Cleanser Hydrate: Hydrating B5 Repair: Metacell Renewal B3 (thin layer)
Dry / dehydrated	SkinCeuticals	Cleanse: Soothing Cleanser Hydrate: Hydrating B5 Seal: Triple Lipid Restore 2:4:2 (light layer) Protect: Mineral SPF 50+	Cleanse: Soothing Cleanser Hydrate: Hydrating B5 → Triple Lipid Restore 2:4:2
Sensitive / reactive	SkinCeuticals	Cleanse: Soothing Cleanser (lukewarm water) Soothe: Hydrating B5 Protect: Mineral SPF 50+	Cleanse: Soothing Cleanser Soothe: Hydrating B5 Barrier: Triple Lipid Restore 2:4:2 (as needed)
Oily / blemish-prone	Synergie Skin	Cleanse: UltraCleanse (gel) Balance: Vitamin B (13% niacinamide) Protect: Mineral sunscreen (e.g., ÜberZinc - zinc oxide 21%)	Cleanse: UltraCleanse Hydrate: HydroGel (oil-free) Soothe: Vitamin B
Normal / combination	Synergie Skin	Cleanse: UltraCleanse Hydrate: Vitamin B → lightweight moisturiser Protect: Mineral sunscreen (e.g., ÜberZinc)	Cleanse: UltraCleanse Hydrate/Repair: Vitamin B + moisturiser (thin layer)
Dry / dehydrated	Synergie Skin	Cleanse: BioCleanse (milky) Hydrate: Vitamin B Seal: HyDrolock (rich) Protect: Mineral	Cleanse: BioCleanse Hydrate: Vitamin B → HyDrolock

		sunscreen (e.g., ÜberZinc)	
Sensitive / reactive	Synergie Skin	Cleanse: UltraCleanse (lukewarm) Soothe: Vitamin B Protect: Mineral sunscreen (e.g., ÜberZinc)	Cleanse: UltraCleanse Calm: DermaCalm (as needed)

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Compliance & disclaimer: This information is general, avoids testimonials/superiority claims, and does not guarantee outcomes. It is suitable for patient education and should be used in consultation with a health professional.