

Reasons And Remedies For

Acne

In Breastfeeding Women



Causes

- Increased androgen in the body, in turn, leads to higher production of sebum, leading to acne.
- Insufficient sleep hours and added stress.
- The last few months of pregnancy may naturally increase sebum production, causing acne.
- Polycystic ovary syndrome may also cause acne in breastfeeding women.



Home remedies

- Drink at least eight to ten glasses of water daily.
- Use mild cleansers and water-based products for your skin.
- Don't scrub the area but gently wash your face twice a day.
- Exercise regularly and ensure to get plenty of sleep.

