

Can you have a baby and still treat your psoriasis?



We asked parents to share their tips for managing psoriasis when planning a family, this is what they told us:



Planning for a family

Speak to your doctors, research, be informed and participate in your treatment

@tozagurl

1 Think about your current medication. For some systemic treatments you cannot have children safely for many years so it may have to be a longer-term plan than you would like. You may also have to consider what treatment you are having in the meantime whilst you come off drugs. *Karen*



2 Ask your doctor what treatments are safe to use until you actually conceive. It's worth checking as everyone's situations are different and it may depend on the severity and coverage of your psoriasis. *Gemma*

3 Be prepared to compromise, plan ahead and talk to your doctor. You won't necessarily be able to continue with the same treatment and your skin is most likely going to change at various stages. *Robyn*

4 Be honest, talk about fears of your children having psoriasis. It's only normal to worry. *Karen*

Pregnancy

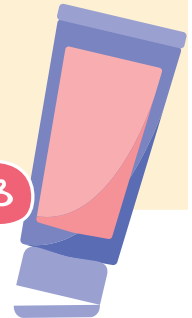
FACT: Did you know? UVB light treatment is an option during pregnancy. Ask your doctor for more information.



1 If you are concerned about the safety of treatments, skip Dr Google and definitely skip Facebook chats and go straight to your doctor. This is the case for prescription and 'natural' treatment approaches. There are a lot of supplements which are not suitable in pregnancy, so it's worth checking! *Gemma*

2 Try not to stress, as stress is a big factor in break outs. It's easy to get caught up in emotions while pregnant, so I have found having baths and taking walks would help me keep stress free. *Danielle*

3 Ask your doctor if you can apply steroids to psoriasis on your bump. Doctors are careful when prescribing topicals to areas with thinner skin. *Gemma*



4 During labour when, after hours of pain, I asked for an epidural – I was told I couldn't have it as I had psoriasis plaques in the place where they insert the needle – had I known this, I would have looked into having, for example, a short term steroid course to clear it! *Ewa*

5 Ask your GP or dermatologist what are the options if you have a flare? Some women clear up during pregnancy, and some people get worse. If you have concerns about this, this is definitely something worth talking about with your doctor. *Gemma*

6 Women also need to consider how long they hope to breastfeed for. Obviously, this will impact choice of treatments used. *Vanessa*



After Pregnancy

Always make time for yourself!
Happy you = happy baby!

@chrisleonardsinger



2

It is very important to speak with your partner and explain you need x amount of time each morning to be able to apply creams, bathe etc. If there is not a partner then can a supportive family member or friend come around for twenty mins each morning and night? **Lisa**

4

Try to be as organised as possible. Try and get up 15/20 minutes before your little one to apply creams and lotions or I would try and squeeze in some time to moisturise while my son slept. It was very easy to do once we established a routine for him. **Danielle**

6

Keep in mind the Breastfeeding Network's Drugs in breastmilk information service if you're on anything whilst breastfeeding and are worried about whether it's safe. I joined a couple of breastfeeding groups on Facebook, it made me feel so much better about not being the only one struggling. **Sam**



1

Make sure you still allow time for your skin routine. You still need time for your baths and to apply creams. **Karen**

3

Me time is important. When baby is sleeping you will want to catch up on some housework but make yourself a priority. **Janine**

5

Try to get sun on your arms and legs when you can. Rest, exercise and eat well when pregnant and when parenting. **Vanessa**

7

Lanolin ointment (that all breastfeeding mothers are advised to use) did not help me and made things worse. Nipple shields saved my breastfeeding journey. I stopped using them around 4 months and carried on breastfeeding for 22 months. **Ewa**



Supporting my Partner

Being there is really invaluable.
Plan well and share the load

@martynluth3r

1

Try and let your partner have some 'me' time, just to apply creams or even take a break from the stress of daily life. My partner would run me a bath, fetch my creams and pyjamas and put a film I enjoyed on when I was having a bad day and my skin wasn't the best. **Danielle**

2

The bigger your partner gets they might need help applying creams as they might not be able to see, let alone reach spots! **Karen**

3

Touch is so important. Show her you still find her attractive, no matter whether she is gaining weight, gaining spots or swelling. Take the pressure off your partner. Touch her. Tell her that you love her just as she is. **Gemma**

4

Be positive, psoriasis might clear up whilst they are pregnant but then come back if they get stressed once the baby is born so reassurances are essential. **Karen**

5

If the baby or child does have psoriasis, work through it together. Teach the child to be strong and remember it's not either of your fault. **Karen**

6

And mums, don't forget dads with psoriasis, it's easy for us to get so caught up in baby that they take a step back, but they need the same support and care as we do. **Robyn**