



PREGNANCY AND YOUR SKIN

The next few months will see an incredible change as your body adjusts to accommodate the growing baby and prepares for childbirth and nursing. In that time, hormones can wreak havoc with your skin and it can be hard to know how best to treat it. Dr Barbara Kubicka at clinicbe® in Knightsbridge works with many ladies during pregnancy and beyond. A fully qualified doctor and aesthetic physician, Dr Kubicka can advise on any skin problems and the suitability or safety of treatments during pregnancy or breastfeeding.

The approach is based on helping pregnant ladies to keep their skin as radiant and healthy as possible throughout the pregnancy. During this time, professional treatments such as botox, fillers, laser or peels are definitely not advisable.

However, skin can be improved with specialist creams, products and dietary advice. After childbirth, any particular problems can be targeted with professional treatments.

SKINCARE DURING PREGNANCY

Body

Stretch marks: *Common after pregnancy, these deep scars can last a lifetime if untreated*

- Dermaroller microneedling
- PRP – platelet rich plasma therapy

Cellulite: *Characterised by “dimpling” and often seen around the thighs or buttocks*

- Mesotherapy
- Endemology

Stubborn pockets of fat: *Certain areas can be resistant to diet and exercise*

- Ultrasound
- Mesotherapy

Thread veins: *Tiny red or purplish veins can appear near the skin’s surface*

- Sclerotherapy injections

Face

Hyperpigmentation: *Including “pregnancy mask” patches of darker skin caused by increased melanin*

- Sun protection, medical skin care
- Chemical peels, Dermaroller
- Vitamin C injections



Acne: *Pimples, spot and rashes be an issue during or after pregnancy*

- Facial peel
- Blue light home treatment

Dull skin: *Tired lifeless skin - especially after childbirth*

- Vitamin injections
- PRP – platelet rich plasma therapy

Signs of tiredness: *Can become a problem with sleepless nights and a new baby - especially noticeable around the delicate eye area*

- Exclusive “eyedealise” treatment to tackle the eye area
- Peels, mesotherapy, dermaroller to brighten the skin
- Botox/fillers to tackle signs of ageing

Hair

Thin hair after pregnancy: *This can be hormone-related; losing hair is quite common after pregnancy yet can be very traumatic*

- Exclusive “Triple synergy hair loss system” | vitamin injections | home treatment | PRP – platelet rich plasma

INDIVIDUAL ADVICE

Dr Kubicka will advise on an individual basis how soon after childbirth treatments should be considered and whether they are advisable during breastfeeding.

Dr Barbara Kubicka, MD, CIME/ICAM, MBCAM

As a medical doctor with special interest in aesthetics and the skin, Dr Barbara Kubicka works closely with female patients and understands the challenges of maternity and motherhood.

Clinicbe® has a unique holistic approach to skincare, going beyond the immediate concerns of its patients to understand and treat the person as a whole for long-term benefits. Dr Kubicka’s extensive range of cosmetic and medical skincare treatments is complemented by dietary advice and lifestyle/wellbeing services from fashion consultancy to hypnotherapy and sports medicine.

clinicbe® is based at her exclusive and private skin clinic based in Belgravia, Knightsbridge, London.

For further information or to arrange a confidential consultation, please call 0207 125 0521, email info@clinicbe.com or see the website for further information and contact details www.clinicbe.com.