Beauty treatments for Breastfeeding Mothers

The information provided is taken from various reference sources. It is provided as a guideline. No responsibility can be taken by the author or the Breastfeeding Network for the way in which the information is used. Clinical decisions remain the responsibility of medical and breastfeeding practitioners. The data presented here is intended to provide some immediate information but cannot replace input from professionals.

Breastfeeding mothers frequently ask if they can continue to have their favourite beauty treatments whilst breastfeeding without harming their babies. Because these products are not readily absorbed, levels reaching breastmilk would be insignificant if detectable at all. Whilst you are breastfeeding you can:

- Have your hair coloured, permed, straightened or bleached
- Have false nails applied and use nail varnish
- Have a spray tan
- Have dental work (see information sheet on dental treatment which can be downloaded from www.breastfeedingnetwork.org.uk . There is little research on having teeth whitened but it is unlikely to affect breastfeeding as it should not be swallowed
- Have a pedicure or manicure
- Have osteopathic or chiropractic treatment
- Have a massage with simple massage oils
- Have a leg or bikini line wax

If you have any concerns please contact the Drugs in Breastmilk Helpline.

Bibliography
- British National Formulary
- Hale T. W Medications in Mothers Milk
- Jones W Breastfeeding and Medication 2018 Routledge
- Lactmed website http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT

To talk to a mum who knows about breastfeeding call the National Breastfeeding Helpline 0300 100 0212

Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package.

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