



# Potential Risks of Tanning Beds And Safety Tips For Nursing Moms

## Possible Negative Effects



Tanning beds can speed the skin's aging process, causing drooping, wrinkles, and dark patches.

It can lead to a burn in the cornea, leading to irritation, corneal inflammation, and eyesight problems.



The immune system may become weak due to UV radiation, making it more susceptible to diseases.

## Precautions



Speak to your doctor before trying tanning beds. They might not be suitable if you ever had some problems during pregnancy.

Keep your nipples and breasts covered when tanning to prevent burns and skin irritation.



You may be offered oral compounds to make the tanning process effective. Do not have them without first getting the doctor's approval.

## Reference:

Tanning Beds and Fake Tans; Le Leche League