



Common Birth Marks

There are different types of birth marks which are common, most birth marks fade or go away over time and there is nothing you need to do. If a birth mark does not go away, laser treatment can be an option, which you could speak to your GP about.

Haemangioma

- Haemangiomas are common and are sometimes called strawberry birth marks because of their bright red colour.
- They can appear anywhere over the body and appear soon after birth.
- Haemangiomas can be flat or raised and are caused by an overgrowth of blood vessel cells.
- Haemangiomas grow bigger and then they start to shrink usually after one year. By ten years of age, they usually have disappeared.
- If the haemangioma is large, over eyes, nose, mouth, bottom, or genitals, it may need to be treated to prevent an ulcer, infection, or scarring.



Treatment

- Show your GP.
- No treatment is needed for most haemangiomas.
- If there is bleeding, apply firm pressure for 10 minutes or until the bleeding stops. Go to your GP or emergency department if you cannot stop the bleeding.
- Laser treatment may be used for some haemangiomas.
- Beta blocker medication or gel may be used. A Paediatric Dermatologist will supervise these treatments.
- In a few cases surgery will be required in the first year of life.



Mongolian spots

- They are blue in colour, flat and often cover the bottom and lower back.
- They are present on your baby at birth.
- They can be big or small and do not cause any problems.
- They will fade over time, usually over 2 years.
- They are caused by a build-up of pigment cells.
- They are more common in darker skinned people but can occur in lighter skinned people too.



Salmon patches or Stork marks

- These birth marks are pale pink, flat and present at birth.
- They can be over the forehead, bridge of nose, eye lids or nape of neck.
- They are common and fade over time, leaving no marks by 3 years.
- The stork mark on the nape of the neck may stay present into adult life.

