

## Common Skin Conditions

Cradle cap is a common condition affecting your babies scalp and occasionally eyebrows.

Cradle cap can occur if your baby produces too much oil which interferes with the natural shedding of the skin, causing a build-up of dry dead skin over the scalp.

- Cradle cap is not contagious or serious.
- Cradle cap usually clears up by itself after a few months.
- The extra oil could be due to mums' hormones still circulating in your baby from birth.
- The scaly patchy skin is pale yellow in appearance.

## Treatment

- Massage a moisturiser or oils into your babies' scalp and leave overnight.
- When the scaly crust is soft, gently remove with a soft baby toothbrush or a cotton bud.
- Do not force the crusts off as this could make your babies scalp bleed.
- It is not a concern if the cradle cap comes back after treatment.
- The cradle cap should clear up by 6-12 months.
- See your Doctor if your babies scalp is inflamed, weepy or infected.
- Your Doctor might prescribe an anti-fungal or corticosteroid cream.



# Erythema Toxicum Rash

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This a common and harmless rash, it is not an infection.

We do not know what causes erythema toxicum, is usually appears on nearly half of newborn babies 1-4 days after birth.

- Erythema toxicum rash can look blotchy, red pimples, pus filled bumps.
- It can be all over the body but usually starts over the face.
- The rash can come and go over a few days.
- The rash does not leave scars.

## Treatment

- There is no treatment for erythema toxicum, the rash is not contagious or a serious problem.
- The rash will go away by itself.
- Bath your baby and pat dry as normal.
- Keep your babies' skin moisturised.



# Milia (Milk spots)

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Milia are small white spots that can appear on your babies face a few days after birth.

Milia can appear anywhere on your babies face and is caused by dead skin cells getting trapped under the surface.

- Milia is not painful or itchy.
- They will go away weeks to months after birth.
- Wash your babies face each day and pat dry.
- Do not pinch or squeeze the spots.



# Treatment

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- There is no treatment for Milia, it is harmless and will go away by itself.
- Thrush- oral and nappy
- Thrush can develop in your babies' mouth or around the nappy area and in the skin folds.
- Thrush is caused by a yeast called Candida Albicans which we all have in our bodies, if the yeast becomes out of balance, it can multiply and cause a spreading infection.
  - Babies can pick up oral thrush when passing through their mother's vaginas during birth, due to the vagina having small amounts of thrush naturally.
  - Babies can pick up oral thrush if sucking on infected teats, dummies. Or teething rings.
  - Antibiotic treatment may cause an imbalance in normal skin bacteria, causing oral or nappy area thrush to develop.
  - Leaving wet and dirty nappies on for too long can cause nappy thrush.
  - Oral thrush can develop if your child uses asthma treatment like Corticosteroids.

# Oral thrush

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- Oral thrush does not usually cause your baby to be irritated.
- Oral thrush looks like white spots on your babies' tongue, cheeks or lips, you cannot wipe them away.
- If you try to wipe the white spots away, you might notice some red inflamed areas.
- If the oral thrush is spreading and your babies' mouth is red and inflamed, they may not want to feed.

## Treatment

- See your Doctor.
- Sterilise all bottles, teats, dummies and teething rings.
- Your Doctor will prescribe anti-fungal drops or gel which will be used for 10-14 days.
- You will need to treat your nipples as well if you are breast feeding, wipe cream off before feeding.
- If you are breast feeding continue to feed your baby.



# Nappy Thrush

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- If nappy rash has not improved for one week, it could be thrush.
- Nappy thrush can look like a red pimply rash, develop into crusts, blisters or pus-filled lumps.
- Nappy thrush can spread into moist creases and up onto the abdominal area.
- Your son's tip of penis might become red and swollen.

# Treatment

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- See your Doctor.
- Your Doctor may prescribe an anti-fungal cream.
- Change nappies frequently.
- Have some nappy free time, let the air get to your babies' bottom.
- Stop using baby wipes as these may further irritate your babies' skin.
- Use lukewarm water and a soap free wash to clean your baby's bottom. Avoid bubble baths.
- Continue to use a thick barrier cream with zinc and castor oil and apply the cream thickly after each nappy change.