



Newborn Rashes

Rashes are very common in the newborn period. Fortunately, most of these rashes are benign newborn rashes. Now you can spend time staring at your child's smiling face rather than worrying about his/her blotchy skin.

Erythema Toxicum

Awful name but normal rash

Description:

- Small red bumps that can be anywhere on your infant's body or face
- Looks like flea bites
- May appear on first day of life and come and go for weeks
- Does not itch, scar, or hurt

Treatment: None; self-resolving

Mongolian Spots

Description:

- Blue patches of skin, most common on lower back and buttocks but can be anywhere on body
- Look like bruises
- Most common among Asian and darker-skinned ethnicities

Treatment: None

Neonatal Acne

Description:

- Pimples and pustules on face, especially cheeks, chest, upper back, and scalp
- May look very severe
- May appear on first day of life and wax and wane over several months
- Due to maternal hormones
- Does not itch, hurt, or scar

Treatment:

- ✓ None; self-resolving
- ✓ May use soft soaps such as Dove or Ivory
- ✓ No facial or acne creams

Diaper Rash

Cause: Skin irritation from contact with a wet or soiled diaper

Description:

- Red, irritated skin where the skin contacts the diaper
- May have patches of raw, bleeding skin

Treatment:

- ✓ Air out or dry diaper area thoroughly before putting on diaper or ointments
- ✓ Diaper creams (such as Desitin, Balmex, A & D Ointment, Boudreaux's Butt Paste) act as a barrier to protect the irritated skin, allowing it to heal
- ✓ Neosporin on raw and bleeding skin helps prevent infection.

Nevus Simplex (Stork Bite, Salmon Patch)

Description:

- Red blotches of skin most common on eyelids, middle of forehead, and nape of neck

Treatment:

None
May remain for entire life or fade as child gets older
Will never cause a problem

Candidal Diaper Rash (yeast infection)

Cause: Yeast grows in any moist environment. As a result, candidal dermatitis is common in the diaper area of both males and females.

Description:

- Red skin in the folds and creases of the groin or neck
- Little red bumps near the red patches

Treatment:

- ✓ Air out or dry diaper area thoroughly before putting on diaper or applying ointment
- ✓ Apply anti-fungal creams such as Lotrimin Cream (over the counter) three times per day

Seborrheic Dermatitis (cradle cap)

Description:

- Dry, scaling scalp
- Scalp may have yellow crust that oozes
- May extend to forehead, eyebrows, and behind ears
- Dry skin at borders of scalp (especially behind ears) may be red and weepy
- Common to come and go throughout first year of life

Treatment:

- ✓ Massage mineral oil, Selsun Blue, or Neutrogena
- ✓ T-gel into scalp.
- ✓ Leave in for a few minutes until the dry skin is soft.
- ✓ Rinse head as you brush out scale with a soft brush or toothbrush.

Milia

Description:

- Tiny white heads on the nose
- Small clogged pores

Treatment: None; self-resolving