

HUNTINGTON PLAZA PEDIATRIC GROUP

Newborn Rashes

Rashes are very common in the newborn period. Fortunately, most of these rashes are benign and self resolving. The following is a description of the most common benign newborn rashes. Any true blisters (i.e., containing clear fluid or pus), must be evaluated by your pediatrician.

Erythema Toxicum

Description:

- ½-1 inch red blotches with small white bump in center that can be anywhere on your infant's body or face
- Looks like flea bites
- May appear on day 1 of life and may come and go for weeks
- Do not itch, scar, or hurt

Treatment: None, self resolving

Neonatal Acne

>30% of newborns develop acne on their faces.

Description:

- Pimples and pustules on face, especially cheeks, chest, upper back and scalp
- May appear on day 1 of life and wax and wane over several months
- Due to maternal hormones
- Does not itch, hurt, or scar

Treatment:

- None, self resolving
- No facial or acne creams

Nevus Simplex

(Stork's Kiss, Salmon Patch, Stork's Bite)

Description:

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

Treatment:

- None
- May remain entire life or fade as they get older
- Will never cause a problem

Mongolian Spots

Description:

- Blue patches of skin, most common on lower back and buttocks but can be anywhere on body
- Look like bruises

Treatment:

- None.
- May remain entire life or fade as they get older.
- Will never cause a problem

Milia

Description:

- Tiny white heads on the nose and cheeks
- Small clogged pores

Treatment: None, self resolves

Diaper Rash

Cause: Skin irritation from contact with a wet or dirty 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 diaper or ointments on
- Diaper Creams such as Desitin, Balmex, A & D Ointment, Butt Paste
- Diaper creams act as barrier to protect the irritated skin and allow it to heal
- Neosporin on raw & bleeding skin helps prevent infection

Candidal Diaper Rash (Yeast Infection)

Cause: Yeast grows in any moist environment. As a result, candidal diaper rash 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 diaper or ointments on
- Anti-Fungal Creams

Seborrheic Dermatitis (Cradle Cap)

Description:

- Dry, scaling scalp
- Scalp may have yellow crust
- 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:

- Baby oil. Massage into scalp, leave in for a couple of minutes until the dry skin is soft and then rinse head as you brush out scale with a soft brush or toothbrush
- May use an antidandruff shampoo (i.e., Selsun Blue) one time a week for shampoo (watch out for baby's eyes)