

# BEVERLY HILLS PEDIATRICS

## 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. Now you can spend time staring at your child's smiling face rather than worrying about their blotchy skin.

### Erythema Toxicum

Horrible 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 day 1 of life and come and go for weeks
- Do not itch, scar, or hurt

**Treatment:** None, self-resolving

### Neonatal Acne

Take a picture and show your child when they complain of their first pimple as a teenager

#### Description:

- Pimples and pustules on face, especially cheeks, chest, upper back and scalp
- May look very severe
- 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
- May use soft soaps such as Dove or Ivory
- No facials 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
- Most common among Asian and darker-skinned ethnicities

**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
- 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 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 diaper or ointments on
- 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:

- Mineral Oil, Selsun Blue, or Neutrogena T-gel. 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