

Infant Seborrheic Dermatitis

Information for parents and carers

Introduction

Infant seborrheic dermatitis is an inflammatory skin condition that occurs in infants / babies.

It can start as a nappy rash that can spread to a baby's body, armpits, neck and face. Yellow scaling of the scalp can also develop, known as cradle cap.



An infant's face, along their eyebrows and eyelids can become yellow and scaly. Their cheeks may either become moist or very dry. The flexural areas on their body such as the neck and under the arms may become red and moist. There may be a rash in their nappy area. Occasionally, patches may appear on their chest or on their body, becoming very red and flared.

Treatment

Your child's doctor will prescribe a mild topical steroid, apply as prescribed. Daily emollient baths are recommended in tepid water for 5-7 minutes. The dermatology nurse will advise this. After bath the pat your infant dry

We recommend using a moisturiser twice daily. Apply a thin layer in a downward motion. If using steroids apply moisturiser half an hour after steroid cream.



Specific Areas

Nappy Area

Your infant's nappy area may have red areas with yellow scale.

Treatment

We recommended you keep the nappy area clean and dry. When possible, leave off their nappy for short periods during the day. Your baby's doctor may prescribe a mild steroid with an anti-yeast agent. It is important to use the steroid cream as instructed.

Cradle Cap

A baby's scalp can become scaly, sometimes red and may become crusted. If it is left untreated, the scales will become thicker.

Treatment

Each day apply a moisturiser, paraffin gel or emulsifying ointment to your baby's scalp, massage into scalp and allow to soak in for a few hours. After soaking, wash your baby's scalp out with a soap substitute such as emulsifying ointment or Silcock's base. Then gently rub their scalp with a soft towel to loosen the scale. A soft brush may also be used to help remove scales.

Cradle Cap can be persistent and requires daily treatment.



A cradle cap shampoo may also be used to loosen the scale. Use as directed on the product.

This document has merged the Parent information leaflets from CHI at Temple Street, CHI at Crumlin and CHI at Tallaght.

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