Newborn Rashes

Newborns commonly have rashes and other skin problems. Most of them are innocent. They usually go away on their own in a short time. Some of the following are common baby skin conditions.

- **Acrocyanosis** is a bluish discoloration of a newborns hands and feet. This is normal when your baby is cold or crying if the rest of your baby's skin is pink. It is nothing to worry about.

- **Milia** are tiny white spots that often appear on a newborn's face and gums during the first week of life. The spots are called milia. They are caused by small glands. These clear up in a few weeks without treatment. They may also appear inside the mouth. In the mouth they are called Epstein pearls. Milia go away by themselves in a few weeks and are not harmful.

- **Heat rash** is also called prickly heat. This happens when your baby is dressed too warmly or when the weather is hot. It is a red or pink rash usually found on covered parts of the body. It may itch and make your baby uncomfortable. The medical name for this rash is **miliaria.** Miliaria is most common on the head and neck, upper chest, and in skin folds. It is due to blocked sweat ducts in the skin. It gets better on its own. It can be prevented by reducing heat and humidity and not dressing your baby in tight warm clothing.

- **Neonatal Acne** is a rash that looks like acne in older children. It may be caused by hormones from the mom before birth. It usually begins at two to four weeks of age. It gets better on its own over the next few months. Severe cases are sometimes treated. Baby acne has nothing to do with whether your child will have acne problems as a teenager.

- **Erythema Toxicum** is a rash of the first day or two of life. It consists of harmless red blotches with tiny bumps that sometimes contain pus. It may appear on only part of the body or on most of the body. The blotchy areas may come and go for a day or two, but then they go away without treatment.

- **Pustular melanosis** is a common rash in black infants. It causes pus-filled pimples. These can break open and form dark spots surrounded by loose skin. Babies are born with it. It goes away without treatment after the first few days of life.

- **Diaper Rash** is a redness and soreness on the skin of a baby's bottom or genitals. It is caused by wearing a wet diaper for a long time. Urine and stool can irritate the skin. Diaper rash can happen when babies sleep for hours without waking. If your baby has diaper rash, take extra care to keep them as dry as possible. Sometimes an infection from bacteria or yeast can cause a diaper rash. Seek medical care if the rash does not clear within 2 or 3 days of keeping your baby dry.

- **Facial Rashes** often appear around your baby's mouth or on the chin. They are caused by drooling and spitting up. Clean your baby's face often. This is especially important after your baby eats or spits up.

- Red dots may show up on your baby's skin when your baby strains. This happens they bear down when crying or having a bowel movement. These red dots are called **petechiae**. These are specks of blood that have leaked into the skin while being squeezed through the birth canal. They disappear in a week or two.

- **Cradle Cap** is a common scaly condition of baby's scalp. This scaly or crusty skin on the top of the baby's head is a normal buildup of sticky skin oils, scales, and dead skin cells. Cradle cap can be treated at home with a dandruff shampoo and vigorous scrubbing. Doing nothing, it usually goes away by the first birthday.

- **Forceps deliveries** often leave bruises on the sides of the baby's face. These usually disappear within a

week or two.

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