

## Fast Facts

### Cradle Cap

- Also called infantile seborrheic dermatitis
- Common, noncontagious skin condition
- Cause thick crust or scales on a baby's scalp
  - Scales can be dry or oily
  - Not itchy or painful
- Exact cause isn't known but not related to poor hygiene
- Thought to be the result of hormones that pass from the mother to the baby before birth causing too much oil (sebum) in the baby's oil glands and hair follicles
- Another possible cause is a type of yeast, which is fungus, called malassezia grows in the sebum alongside bacteria

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Patchy scaling/thick crusts on the scalp</li> <li>-Oily/dry skin covered with flaky white/yellow scales</li> <li>-Skin flakes</li> <li>-Mild redness to the area</li> <li>-Similar looking scales on the eyelids, ears, nose and groin</li> </ul>	<ul style="list-style-type: none"> <li>-Wash your baby's head once a day with a mild baby shampoo</li> <li>-Gently rub the area with your fingers, a washcloth or a small, soft-bristled brush before rinsing off the shampoo</li> <li>-Do not scratch at the area</li> </ul> <p><i>For Thick Scales:</i></p> <ul style="list-style-type: none"> <li>-Try rubbing petroleum jelly or a few drops of mineral oil on the area</li> <li>-Let it soak for a few minutes to a few hours before washing</li> <li>-Don't leave either in the hair for too long or it can make the scales worse</li> </ul> <p><i>If Doesn't Work:</i></p> <ul style="list-style-type: none"> <li>-Talk to your baby's doctor about other things that could help, such as low-dose hydrocortisone cream or a shampoo with 2% antifungal ketoconazole medication</li> <li>-Make sure neither get into your baby's eyes</li> <li>-Do not use over-the-counter cortisone products, antifungal creams or dandruff shampoos because they can be toxic to infants when absorbed through their skin</li> </ul>	<ul style="list-style-type: none"> <li>-Wash your baby's hair every couple of days</li> <li>-Always use a mild baby shampoo</li> <li>-Only use a stronger shampoo if your baby's doctor recommends it</li> </ul>

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