

## DISCHARGE INFORMATION LEAFLET FOR PARENTS / CARERS OF A CHILD WITH INFANTILE SEBORRHOEIC DERMATITIS



### Infantile Seborrhoeic Dermatitis

- This is an inflammatory skin condition that occurs in infants. Its cause is not fully understood, but it is thought to result from stimulation of the infants' sebaceous glands by maternal hormones.
- The condition can start as a nappy rash that can spread to trunk, armpits, neck and face.
- A yellow scaling of the scalp can also develop. This is known as cradle cap.
- Generally it is a resolves within 6-8 weeks although some infants may develop atopic eczema.

### On the Body

- The face, along the eyebrows and eyelids can become yellow and scaly. The cheeks may either become moist or very dry.
- Flexural areas on the body such as the neck and under the arms may become red and moist. A rash is also evident in the napkin area
- Seldom, lesions may appear on the chest or on the body becoming very red and flared.



### Treatment:

- Your doctor will prescribe a mild topical steroid. Apply as prescribed.
- Daily emollient baths are recommended.
- Although there may be no itch, a moisturiser is advised twice daily, for example, emulsifying ointment or silcock's base.
- Apply a thin layer in a downward motion half an hour before the application of the steroid.

### **Emulsifying / Silcock's Bath:**

- Put 2 tablespoons of emulsifying ointment into a jug
- Add very warm water
- Whisk with a fork
- Add mixture to running water in the bath
- Bathe for 5-7 minutes



### **Nappy Area**

The nappy area may have red areas with yellow scale.

#### **Treatment:**

It is recommended to keep the area clean and dry; so it could be helpful to leave off the nappy for short periods during the day.

A mild steroid with an anti-yeast agent may be prescribed apply the steroid as directed.

### **Cradle Cap**

The scalp becomes scaly, sometimes red and may become crusted. If left untreated, the scales become thicker.

#### **Treatment:**

- Apply paraffin gel/ emulsifying ointment to scalp, massage in and allow to soak in for few hours.
- Wash out with a soap substitute such as emulsifying ointment or silcock's base. Then gently rub the scale with a soft towel to loosen the scale. Repeat this procedure daily.
- Cradle cap shampoos can be used to loosen the scale use as directed on the product.
- Cradle Cap can continue up to eight months and requires daily treatment.

Developed by: Karen Keegan and the CNSps in Dermatology  
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