

Cradle Cap

Severity

Complexity

Duration

Description

Cradle cap is a form of dermatitis that causes a thick, yellow crust on a baby's scalp typically in the first few months of their life.

Typical Symptoms

Cradle cap is not caused by poor hygiene nor allergies and it is not contagious. Cradle cap becomes extremely uncommon in babies over 3 months of age as the sebaceous glands responsible for the symptoms become inactive until puberty. The signs of cradle cap include:

- scales or flakes on the scalp
- yellow crusts
- reddening of the skin
- greasiness

Seek further Medical help

You should contact your Doctor or get your Pharmacist to review if the following occurs:

- If your baby is older than 3 months
- Symptoms spread to other areas of the body including the face
- The skin becomes redder and forms small blisters that weep as this could be a sign of an infection

Treatment

Cradle cap will normally get better without any treatment, however there are a few things you can do to speed up recovery:

Massage and Wash

- Massage the scalp with either baby oil or olive oil at night, this should soften the skin and loosen the dead skin cells.
- Wash your baby's hair with a baby shampoo the next morning, gently lifting the crusts off with a soft brush (such as a soft toothbrush).
- You may need to repeat this a few times to clear it completely.

Wash using a treated shampoo

If the mild shampoo does not seem to clear the symptoms you could use a mild anti-dandruff shampoo but you need to be careful as these can irritate a baby's eyes more than gentle baby shampoos. Check with your Pharmacist as to which treated shampoos are the most appropriate for your baby.



It is also important to note that even when treated correctly cradle cap may continue to come back in the first 3 months of a baby's life.

Warning - Always read the label. Use only as directed. Incorrect use can be harmful. Contact your doctor or healthcare professional if pain or symptoms persist. Vitamin supplements may only be of assistance if dietary intake is inadequate. Health information is general in nature and you must seek appropriate medical advice for your personal condition.

MORE INFO?
Contact our Pharmacists
Richard or Sam NOW

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