

Cradle Cap

(Seborrhea)

Cause: Natural discharges such as dried oil collects on infant's scalp forming a crust or flakes, especially over soft spot in front because parent does not "scrub" when shampooing. Flakes on scalp can lead to breakout "pimples" on face, neck, and shoulders.

Prevention: Shampoo daily. Scrub and rinse thoroughly especially over "soft spots".

Treatment (Mild Case): Shampoo daily with warm water and mild soap using firm pressure over the entire scalp. Rinse thoroughly and dry. Do not apply oil, Vaseline, or other hair dressing.

Treatment (Severe Case): Soften any "crusts" or "flakes" on scalp with mineral oil. Loosen crusts with soft toothbrush or hairbrush. Shampoo daily with a medicated shampoo or soap.

Caution: The presence of pus bumps or bad odor should be reported to the doctor right away.