

Self Care Information for Patients: Cradle Cap

Summary

What is cradle cap? It appears as greasy, yellow/brown, scaly patches on babies' scalps in the first two months of their lives. It is a harmless skin condition that doesn't usually itch or cause discomfort, and usually clear up within few months without any treatment. Speak to your pharmacist about how they can support you to look after your baby's cradle cap.

What can you do to help?

- Wash your baby's hair regularly with baby shampoo and gently loosen flakes with a soft brush.
- Gently rub on baby oil, vegetable oil or olive oil to soften the crusts.
- Soak the crusts overnight with baby oil, white petroleum jelly or a slightly warmed vegetable or olive oil and wash with baby shampoo in the morning.
- DO NOT pick at the scales as this can cause infection.

Notes: Do not worry that hair may come away with the flakes as your baby's hair will soon grow back.

When shall I see a General Practitioner (GP)?

If your baby's cradle cap:

- Seems to be itchy and uncomfortable for your baby.
- Looks red or swollen, or starts bleeding.
- Spreads to other areas of her face or body.
- There is no improvement after a few weeks of treatment.

Document History

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