



Infantile Seborrhoeic Dermatitis

Reassure the parents that infantile seborrhoeic dermatitis

- Is not a serious condition,
- It does not usually trouble the infant,
- Spontaneously resolves within weeks to a few months.

If the scalp is affected (the most common presentation) advise parents to try simple self-care measures including:

- Wash the scalp regularly with a baby shampoo, then brush gently with a soft brush to loosen scales and improve the condition of the skin.
- The scales may be softened by first applying baby oil before gently brushing, then washing with baby shampoo.
- White petroleum jelly, a slightly warmed vegetable oil or emulsifying ointment may be used to soak the crusts over night before shampooing in the morning.

If the above self-care measures do not alleviate the problem and/ or other areas of the skin are affected (including the napkin area) ask parents to buy one of the imidazole listed below (both products are available from pharmacies without a prescriptions for all ages)

- Clotrimazole 1% cream: apply 2–3 times daily.
- Miconazole 2% cream: apply twice daily.
- Advise parents to:
 - Bath the infant at least once a day and clean the affected areas using an emollient as a soap substitute.
 - Treat until symptoms resolve. If symptoms persist longer than 4 weeks with treatment, seek specialist advice.

References

NICE CKS (2013) 'Seborrhoeic dermatitis', Available at: <https://cks.nice.org.uk/seborrhoeic-dermatitis> Accessed: 29/08/17