

# Idaho Falls Pediatrics

## Cradle Cap

### What is cradle cap?

Cradle cap is a common skin condition in babies. Cradle cap appears as red patches with oily, yellow scales or crusts on the scalp. It often begins in the first weeks of life. With treatment it will clear up in a few weeks. Without treatment it will go away on its own after several months.

### What is the cause?

Cradle cap is probably caused by hormones from the mother that crossed the placenta before birth. The hormones cause the oil glands in the skin to become overactive and release more oil than normal. This causes the dead skin cells that normally fall off to "stick" to the skin and form yellow crusts and scales.

### How can I take care of my child?

- **Antidandruff shampoo**

Buy an antidandruff shampoo (nonprescription) at the drugstore. Wash your baby's hair with it twice a week. While the hair is lathered, massage your baby's scalp with a soft brush or rough washcloth for 1 minute. Don't worry about hurting the soft spot. Once the cradle cap has cleared up, use a regular shampoo twice a week.

- **Softening thick crusts**

If your child's scalp is very crusty, put some baby oil or olive oil on the scalp 1 hour before washing to soften the crust. Wash all the oil off, however, or it may worsen the cradle cap.

- **Resistant cases of cradle cap**

If the area is very red and irritated, apply 1% hydrocortisone cream not ointment (nonprescription) 3 times a day for 7 days.

## **When should I call Idaho Falls Pediatrics?**

Call during office hours if:

- The cradle cap lasts more than 2 weeks with treatment.
- The rash spreads beyond the scalp.
- Raw rash behind ears.
- You have other concerns or questions.

\*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.