

Newborn Skincare

Shedding Skin

- Newborns will shed their skin soon after birth. This process begins around day 2 of life and continues for about 2 weeks. It can usually be worse on the hands and feet. If your baby was born a week or two early, they may have more peeling.
- No treatment is necessary for this.
- If any of the skin cracks, apply a baby cream or ointment to help with the healing twice per day.

Bathing

- Babies only need a complete bath 1 or 2 times a week.
- Keep bath time to 10 minutes or less
- The skin can be cleansed with warm water alone.
- During the first 2 weeks, use a sponge bath. Do this until a few days after the cord has fallen off and the belly button is healed. We want to try to keep the cord dry.
- Rinse baby's face with warm water a few times per day to remove any dried milk or food. Don't forget the neck! Milk can often build up and cause a rash.
- Cleanse the hands if they become dirty as well.
- Don't forget to wash off the genital area. Rinse the area with warm water and wipe from front to back.
- Soap is not needed! If you want to use soap, make sure to use a gentle unscented baby soap. Avoid soaps on any itchy areas or rashes as it delays healing.
- Wash your baby's hair once or twice a week with a special tear-free baby shampoo.

Changing Diapers & Cleansing the Bottom

- After a wet diaper, you don't need to do anything.
- After a poopy diaper, clean the visible stool off the skin with diaper wipes. Rinse the bottom in a basin of water or with a warm wet washcloth.
- Always wipe front to back.

Umbilical Cord Cleansing

- Check the skin around the base of the cord once a day. Clear away any dried secretions. You can use a damp cloth or wet cotton swab. Make sure to dry carefully.
- Do not use any rubbing alcohol to clean.
- Air exposure helps the cord stay dry and fall off. Keep diapers folded down below the cord area.

Fingernails & Toenails

- Cut the toenails straight across to prevent ingrown nails.
- Round off the corners of the fingernails so your baby doesn't scratch themselves.
- Trim or file the fingernails once a week and toenails every other week.
- It is best to cut the nails after a bath when they are softer.
- Baby fingers and toes have many tiny blood vessels, so they will bleed a lot if you accidentally clip the skin. Apply direct pressure with a sterile gauze or clean cloth to stop any bleeding. Avoid use of band-aids in this age group as they are a choking hazard.

Normal Vaccine Reactions

Symptoms:

- Injection site reactions can include redness, swelling and pain. These symptoms start within 24 hours and can last up to 3 days. With the DTaP vaccine, they can last up to 7 days.
- Any hives and itching around the injection site is normal. It does not mean your child is allergic to the vaccine.
- Fevers with most vaccines begin within 24 hours and last 1 to 2 days.
- With the MMR and Chicken\pox vaccines, fever and rash can occur, usually beginning in 1 and 4 weeks.
- For any redness or fever that begins over 48 hours after the shot was given, or redness or pain that increases after 3 days, please contact your pediatrician's office.
- Severe allergic reactions can occur but are very rare. They will start within 2 hours of the vaccine administered.
- Try not to give any pain medications for local reactions as they can reduce the body's normal immune response. Use a heating pad at the injection site for any pain.
- If any hives or itching at the injection site, apply 1% hydrocortisone cream twice daily as needed.
- For low grade fevers (100-102F) do not give fever medicines unless they are uncomfortable. For fevers above 102F you can give tylenol. If over 6 months can give ibuprofen. Please follow the dosage instructions on the packaging.
- Please call your pediatrician if pain or redness gets worse after 3 days, fever starts after 2 days, age less than 12 weeks and fever above 102F.