

BABY ACNE

01



WHAT CAUSES BABY ACNE?

- Maternal hormones still in the bloodstream can stimulate the baby's oil-producing glands, which leads to acne on the baby's face, neck, back, or chest.
- Additionally, since the baby's pores aren't developed completely, they are at a higher risk for dirt to get inside them.
- Babies also have very sensitive skin.

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TIPS TO GET RID OF IT:

- Leave the pimples alone (no squeezing, picking, etc.).
- Clean the area with warm water and pat the skin dry.
- Don't use soap or lotion.
- Don't use adult skin products on your child.
- Use natural remedies instead, such as using breast milk to dab on the area.
- Ask your doctor for baby-safe prescriptions if needed.



03

DIFFERENCE BETWEEN A RASH AND ACNE?

Acne: red pimples

Milia: small white bumps

Heat rash: clusters of red bumps in arms, legs, chest, or face when it's hot

Diaper rash: red, irritated skin in diaper area

Cradle cap: tiny red bumps with yellow, flaky, scaly skin

Eczema: dry, flaky, red patches that can spread to creases and turn into pimples with fluid in them



04

HOW LONG DOES IT LAST?

- Can be from a few weeks after birth until 3-4 months old
- No permanent scars



05

WHEN TO CALL YOUR DOCTOR:

- Typically resolves on its own.
- Call your doctor if the bumps appear infected
 - extra red, swelling, fluid leaking, fever, etc.
- Call your doctor if it seems like an allergic reaction too.

