

THINGS TO KNOW ABOUT **CRADLE CAP**

Cradle Cap, (also known as seborrheic dermatitis) is a flaky, oily-appearing skin eruption on the scalp.

TREATMENT (Mild Cases):

- ☞ 15-20 minutes prior to shampooing, mineral oil or petroleum jelly can be rubbed onto scalp to soften the flakes and crusts.
- ☞ Then shampoo with any mild baby shampoo, using a soft brush to help remove the flakes.
- ☞ Shampoo daily until problem is resolved, then shampoo with bathing as before.

TREATMENT (Persistent Cases):

- ☞ If Cradle Cap continues or involves other areas such as the forehead, eyebrows, eyelashes, cheeks or ears, consult your pediatrician before treating further.
- ☞ Lather, massage shampoo into scalp with soft brush, rinse thoroughly. Then repeat procedure once.
- ☞ Shampoo with anti-seborrheic shampoo every other day until symptoms resolve. Then use it twice a week.

CRADLE CAP IS NOT:

- ☞ A serious infection or allergy.
- ☞ Due to poor hygiene.

☛ See your Health Care Provider if Cradle Cap continues.



Jefferson County Department of Health & Environment
Community Health Services
260 S. Kipling
Lakewood, CO 80226
303-239-7033



Oct-03

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