



Acne infantilis

Acne and pimples are often associated with puberty and adolescence. However, babies can too

get acne and pimples soon after their birth, which can be a really unpleasant experience for the parents. Baby acne or acne neonatorum is a common condition, that has been found to affect approximately 20% of newborn babies. It is also known as acne infantum and neonatal acne. It can be found in babies within 3 to 4 weeks after birth, and is more commonly found in baby boys. Infant acne appears as red bumps, more commonly in the face or cheek, forehead and chin. Infant acne on chest and places like neck and back is however, comparatively less common.

Often, infant acne can be confused with some other types of rash like, milia or miliaria and infantile acne. Milia is usually, present at birth and it appear as white bumps on the skin. Milia clears up on its own within a few weeks. Infantile acne, on the other hand, can develop in 3 months or later. It is a more severe condition than infant cane, and usually takes longer time to resolve. Know more about milia treatment.

What Causes Infant Acne

The maternal hormones, to which the baby is exposed during the last months of pregnancy are mainly responsible for causing infant acne. The hormones from the mother can also pass to the newborn baby, during nursing or breastfeeding. The maternal hormones can easily clog the baby's skin pores, as these are not fully developed. The result is the development of acne, pimples and whiteheads, which subside on their own, when the hormones are cleansed completely from the baby's system. Even certain medications, if used during nursing are thought to trigger an outbreak of infant acne. If the delicate skin of the baby comes in contact with harsh detergents, which are used to wash baby's clothes, as well as saliva or milk, the condition can further aggravate.

How to Treat Infant Acne

Infant acne usually, does not require any medical treatment or medications. Neonatal acne clears up on its own, within a few weeks without any treatment. However, in the meantime, be sure to take adequate child care to keep the affected area clean and dry. You can use a mild baby soap to clean the affected area once a day. But, avoid over cleaning, as it can irritate the soft and delicate skin of your baby. Be sure to clean the face and other areas, affected by infant acne very gently. It is advisable to not use any lotion and oil on the affected areas, during this period.

Baby's clothes should be washed in natural, non perfumed detergents. Using harsh detergents to wash their clothes can further aggravate infant acne. If acne has developed in areas like, chest and back of the baby, then avoid tight fitting clothes. If the baby spits up milk, then be sure to wipe it immediately. Never allow milk or other substances to stay on the affected skin for a long time. Otherwise, it can block the skin pores to worsen the acne problem. Parents or care giver should wear soft fabric clothes, while holding the baby. They should also wash their clothes in mild detergents. It is not advisable to use over the counter infant acne remedies on your baby's skin, especially without consulting their pediatrician. Read more on baby acne remedies.

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