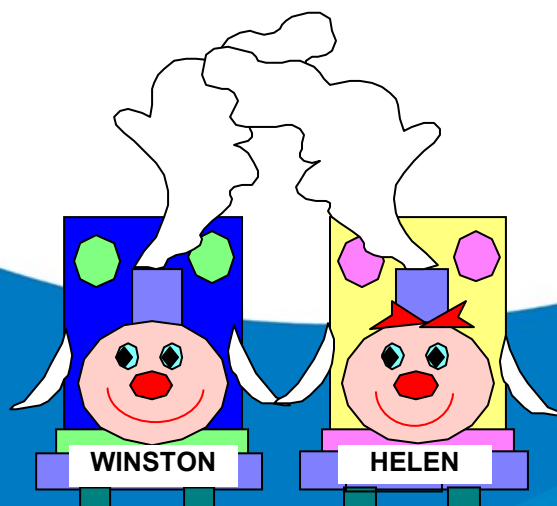


Salt Treatment for Umbilical Granuloma in Babies

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.



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What is an umbilical granuloma?

An umbilical granuloma is an overgrowth of tissue during the healing process of the umbilicus (belly button). It usually looks like a soft pink or red lump and often is wet or leaks small amounts of clear or yellow fluid. It is most common in the first few weeks of a baby's life.

General care of the umbilicus

- Keep the umbilicus clean and dry
- Cleanse with soap and warm water if it gets soiled with urine or faeces.
- Expose the umbilicus to the air by rolling back the top of the nappy.

How is an umbilical granuloma treated?

If there is an umbilical granuloma and no obvious infection, then your GP, paediatrician, midwife or health visitor may refer your baby to the Hospital at Home nursing team at Whiston Hospital for salt treatment. This has been found to be an effective and safe treatment which can be undertaken at home.

If the umbilical granuloma does not respond following salt treatment then your baby will be reviewed by a doctor and a different course of treatment will be prescribed. This could either be a specialist dressing or, occasionally, silver nitrate treatment will be suggested

How to do the salt treatment;

- A Nurse from the Hospital at Home will visit you and your baby at home and demonstrate how to carry out the treatment.
- Cleanse the area with warm water, making sure the umbilical area is clean and dry.
- Gently press the area around the umbilicus to expose the granuloma.
- Apply a small pinch of table or cooking salt onto the umbilical granuloma.
- Cover the area with a gauze dressing 'swab' and secure it in place for 30 minutes.

- After 30 minutes clean the site using a clean gauze swab soaked in warm water, ensuring all the salt is removed.
- Repeat the procedure twice a day for at least 3 days.
- A nurse from Hospital at Home will then visit you again at home to assess if the treatment has worked.

In approximately two or three days you should notice that the granuloma reduces in size, it may change colour, dry off and the area will gradually heal, and the granuloma may fall off.

What to do if the salt treatment is not effective or if an infection is suspected?

If the umbilical granuloma does not respond to salt treatment after one week, the Hospital at Home nurse will arrange for your baby to be seen by a doctor on the Children's Observation Ward on Ward 4F.

The doctor will then consider there is a need for any further treatment.

If your baby's umbilicus is showing signs of an infection such as redness of the surrounding skin or possibly having an offensive smell and discharge, or your baby has a fever contact the Hospital at Home Team for further advice.

If you have any further questions please contact your child's consultant via their secretary via the hospital switchboard. The secretaries are available Monday to Friday 9.00 am to 5.00 pm

If you need to contact the Department outside of these hours please phone either:

Ward 3F 0151 430 1616

Ward 4F 0151 430 1791

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