



**Bedfordshire
Community
Health Services**



Treating your baby's umbilical granuloma



Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

What is an umbilical granuloma?

An umbilical granuloma is a piece of tissue that stays on your baby's bellybutton after the umbilical cord has fallen off. It usually looks like a soft pink or red lump and it may leak a little.

Why do I need to treat it?

An umbilical granuloma increases the risk of an umbilical infection, which can lead to your baby feeling unwell.

How can I treat it?

It can be simply and safely treated by applying ordinary household salt. Apply a small pinch of table or cooking salt to the granuloma and cover it with gauze for 10 minutes. It may help to tuck the gauze into your baby's nappy to keep it in place. After 10 minutes, gently rinse the salt away using warm water and another piece of gauze.

How often should I treat the granuloma?

You need to apply the salt treatment twice a day for at least 3 days. Continue until the granuloma heals. If it has not healed after 7 days of treatment, ask your health visitor or GP to check it. This could be done at a well baby clinic.

What should I look for?

You will notice the granuloma gets smaller; it may change colour and become dry and the umbilicus will heal. If the belly button becomes red or has a discharge, your baby may have an infection and should see a GP, although this is very unusual.

What else can I do?

Try to keep the belly button clean and dry. Let the air get to the area by rolling back the top of the nappy.



For further information about this service contact:

The Health Visiting teams in your local area are happy to answer any queries or concerns you may have.

To contact any of our teams, call our Children's Community Health Hub number (Monday - Friday during office hours).

Tel: 0300 555 0606 or email

us: ccs.bedsandlutonchildrenshealthhub@nhs.net



**Your one stop
contact point**

Tel: 0300 555 0606

Email: ccs.bedsandlutonchildrenshealthhub@nhs.net

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.