

E-Blast Newborn Skin Care

A newborn's skin is very delicate and thin, as this skin barrier is still developing. For this reason, it is more vulnerable to dryness, irritations and infections.

Here are some recommendations to take care of the newborn's skin:

- **Change your baby's diaper often.** Taking too long to change it can lead to dermatitis in the diaper area. Don't adjust it too much and change it frequently.
- **Skin hydration.** Moisturize only if it is dry and uses gentle products.
- **The bathroom.** Consult with your pediatrician how often you should bathe your baby. Do not remove vernix caseum (the whitish substance that covers the skin at birth) abruptly, as it helps protect and moisturize the skin.
- **Use neutral soaps.** Use a mild soap with a neutral pH, preferably pediatric.
- **Avoid direct sun exposure.** Newborn babies should avoid direct sun. In babies under 6 months, the use of sunscreen is not recommended.
- **Dress your baby in light, loose-fitting clothing in summer, especially in hot weather.** Prefer cotton fabrics.
- **Wash clothes with mild detergents.** Avoid using fabric softeners or products with intense fragrances.

See your pediatrician if you notice blisters, extensive lesions, persistent redness, discharge, fever, or any skin changes that concern you.

Reference:

<https://www.reproduccionasistida.org/cuidados-de-la-piel-del-bebe/>

https://www.mustela.com.mx/blogs/junto-a-ti/cuidados-de-la-piel-para-los-recien-nacidos?srltid=AfmBOor2GjbhXVKKXjOeScf_J3wfRMCbwnV4fE_iE8ogFooAxXJCngYt