



Pediatric and Adolescent Medicine
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Seborrhea (Cradle Cap)

This is an over production of oil on the scalp that, when dries, leaves the scalp looking scaly and flaky. This is an aesthetic, not medical, issue that does not need to be treated. If you choose to treat your child, the instructions below will be helpful.

1. Select either Selsun Blue, Sebulex, OR Nutragena T-Gel Shampoo. These are adult formulations and are not found in the children's section.
2. Shampoo in hair and let stand for 10-20 minutes.
3. **DO NOT GET IN EYES.** It will sting and is very irritating. If the shampoo does get in your child's eyes, rinse thoroughly.
4. Repeat this the next day.
5. Repeat 2x/week until gone.