

# TREATMENT OF UMBILICAL GRANULOMAS

## JUST A PINCH OF SALT



## UMBILICAL GRANULOMAS



### WHAT IS AN UMBILICAL GRANULOMA?

Usually the umbilical cord dries and is separated by 8 days in most infants and the separation normally heals by 12-15 days. An umbilical granuloma occurs when there is a delay in the separation of the cord. It is an overgrowth of tissue. The inflammatory process at the umbilicus (belly button) becomes florid with excess granulation tissue. It usually looks like a soft pink or red lump and is often wet or leaks small amounts of clear or yellow fluid. It is most common in the first weeks of a baby's life.

**Common salt has been shown to be an effective practice to treat umbilical granulomas.**

*“the principle of using this approach is thought to be through its desiccant effect and other biological properties; sodium ion in the area draws water out of the cells and results in shrinkage and necrosis of the wet granulomatous tissues” (Derakhsham 1998, pg 3*

## PROCEDURE

1. Expose the centre of the umbilicus by pressing gently on the area around the umbilicus.
2. Apply a very small pinch of table/cooking salt over the umbilical granuloma.
3. Cover the area with a clean piece of gauze and secure it in place for 30 minutes.
4. It is important not to use too much salt because it will damage the normal skin around the umbilicus.
5. Clean the site using a clean gauze swab soaked in warm water.
6. Repeat the procedure twice a day for at least 3 days.

### **What to do if salt treatment is not effective or an infection is suspected:**

If there is redness of the surrounding skin or offensive smell or discharge, or baby is unwell with temperature, contact your GP for further details and ask for a referral to the Children's Community Nursing Team.

## RESULTS AFTER 3 DAYS OF SALT APPLICATION



### References:

Derakhshan M.R (1998) Curative effect of common salt on Umbilical Granuloma Department of Paediatrics, Hamadan University of Medical Sciences and Health Services, I R. Iran  
North Bristol PCT. Care of the umbilical granuloma. November 2005.

[www.bestbets.org](http://www.bestbets.org)

[www.bristolnorthpct.nhs.uk/publications/policies](http://www.bristolnorthpct.nhs.uk/publications/policies)

UKMI Q+A Accessed online through nhl.com 17/10/2007

[www.gpnotebook.co.uk](http://www.gpnotebook.co.uk)

[www.healthinaaw.nhs.uk/document.ctm?document=23201](http://www.healthinaaw.nhs.uk/document.ctm?document=23201)

**FOR MORE INFORMATION PLEASE CONTACT:**

*Jacqueline.leonard@tgh.nhs.uk*

Document control information

<b>Author:</b>	<b>Jacqueline Leonard</b>
<b>Division/Department:</b>	<b>Paediatrics</b>
<b>Date Created:</b>	<b>April 2017</b>
<b>Version:</b>	<b>1.0</b>