An umbilical granuloma is an overgrowth of tissue during the healing process of the belly button (umbilicus). 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.

The exact cause of this overgrowth is unknown but if left untreated the granuloma can take months to resolve and can cause parental anxiety.

**General care of the umbilicus / belly button:**
- Keep the belly button clean and dry.
- Cleanse belly button with soap and warm water when it gets soiled with urine or stool.
- Expose the belly button to the air by rolling back the top of the nappy.

**How is an umbilical granuloma treated?**
Always seek advice first from your health visitor
- If there is an umbilical granuloma and no obvious infection, then your health visitor may suggest a twice daily application of a pinch of table salt treatment. This has been found to be an effective and safe treatment which you can do at home.
- Your health visitor will teach you how to apply a small pinch of salt, then to cover the area with a clean piece of gauze and left for up to 30 minutes. Following this, the salt should be rinsed off with a clean gauze dressing soaked in cooled boiled water.
- Your health visitor will advise you to continue this treatment for at least two days by which time the granuloma should have reduced and started to heal.
- Your health visitor should reassess your baby’s belly button in one week.

**What is an umbilical granuloma?**

A baby's belly button is showing signs of an infection such as redness of the surrounding skin or possibly having an offensive smell and discharge, or if your baby has a fever, contact your GP for further details on treatment.