

## Hertfordshire Community NHS Trust

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Tel: 01707 388 000  
[www.hct.nhs.uk](http://www.hct.nhs.uk)

### Privacy and Dignity

We care for patients in an environment that promotes privacy and dignity. We will respect individual's values, beliefs and personal relationships.

### What we expect from you

We will not tolerate violence or abuse towards NHS staff.

Our employees have the right to work in a safe and secure environment. If you have any animals in your home please keep them on a separate room whilst our staff are there.

### For comments and complaints

#### Patient Advice and Liaison Service (PALS)

Telephone: 0800 011 6113

Web: [www.hct.nhs.uk](http://www.hct.nhs.uk)

#### PHN - Health Visitor Contact

If you need to contact a PHN or to arrange an appointment please call 0300 123 7572, please select one of the following options:-

- Select 1 if you live in the Welwyn, Hatfield, East Herts or Broxbourne area
- Select 2 if you live in North Herts or the Stevenage area
- Select 3 if you live in the Hertsmere, Watford or Three Rivers area
- Select 4 if you live in the St Albans or Dacorum area

# Umbilical Granuloma

## What is an umbilical granuloma?

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 umbilical granulomas is unknown it is thought that over granulation of the cord stump occurs un response to a mild infection (Zahid Hossain et al, 2010). This condition can cause parental anxiety and left untreated the granuloma can take months to resolve.

## 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.

## Good Practice for Health Visitors:

The umbilical granuloma should be assessed by your health visitor. This is to confirm the diagnosis and exclude any obvious infection, which may require further treatment.

## How is an umbilical granuloma treated?

If there is an umbilical granuloma and no obvious infection, then your GP, paediatrician, midwife or health visitor may suggest salt treatment. This has been found to be an effective and safe treatment which you can do at home.

## How to do the salt treatment:

- Apply a small pinch of table or cooking salt directly onto the umbilical granuloma twice a day.
- Cover the area with a gauze dressing 'swab' and leave this in place for 30 minutes. This may be easiest to do when your baby is asleep.
- Following this, the salt should be rinsed off with a clean gauze dressing soaked in cooled boiled water.
- You should repeat the procedure for at least two days, by which time the granuloma should have reduced and started to heal.

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

If the umbilical granuloma has not respond to treatment after one week (Bedfordshire and Luton joint Prescribing Committee, 2014), then your Health Visitor should reassess your baby.

**If your baby's belly button is showing signs of an infection such as redness, inflammation or there is an offensive discharge, please contact your GP for a review.**