



**SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA**
Azienda Ospedaliera di Reggio Emilia

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Azienda Unità Sanitaria Locale di Reggio Emilia

UMBILICAL CORD CARE

Information for parents by Nursing Staff



UMBILICAL CORD CARE



Before proceeding to the care of the stump wash hands thoroughly with soap and water.



To ensure the stump heals properly only clean the umbilical stump when it becomes dirty or sticky. The best way to clean it is rub gently, around the stump and the area with gauze soaked in warm water and mild soap, whenever you notice any kind of dirt or debris.



In order to promote proper healing , the umbilical cord stump should be exposed to air and remain dry and clean. When putting on your baby's diaper, make sure it is folded down properly to keep the stump exposed. Covered with a clean shirt. Change the shirt when it gets dirty with secretions of the stump.



Do not cover umbilical cord stump with bandages or anything else that will restrict airflow.



Allow the stump to fall off by itself. Never pull on the stump in an attempt to remove it. Even if it looks like it would come off easily, you should resist the urge to tug at it. In this way naturally heal.

AVERAGE UMBILICAL CORD STUMP HEALING TIME

Day 1

The stump is cut and closed with a clothespin. It appears moist and lite in color.



1[^] week

At discharge from the hospital the clip is removed, the cord appears dry and dark in color.



Between 1[^] - 2[^] week

Cord falls off. There may be some light bleeding and some small pieces may remain.



Between 3[^] - 4[^] week

After Cord falls off a scab may form.



1[^] month

Each fragment is detached and tipically all healed.



When you consult your pediatrician

The umbilical stump falls spontaneously. You just need to visually check that it stays clean and dry, the skin around both rosy and soft, does not swell and does not produce bad smell.

Consult your pediatrician if:

- the skin around the stump turns red, swollen and touch your baby has pain,
- there is a delay in cord falls off more than 4 weeks old,
- after cord falls off it bleeds profusely and long (it is normal to see a few drops of blood),
- after cord falls off you see a red and moist excrescence. The Granuloma is not dangerous but it must be treated by the pediatrician.

What to do in case of a Granuloma formation

Your pediatrician will issue a medical request with which you can call neonatal clinic, telephone **0522 295989**, to book an inspection, the following days:

Monday, Wednesday, Friday from 9.30 to 12.30

The clinic is located in Building A, Stairs 1, color green, 3rd floor, room 3168.

**Thanks to
UMBILICAL CORD CARE NET**

