

# Newborn Birthmarks

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## Definition

- Common questions asked about normal birthmarks in newborns
- Note: Rashes such as baby acne are not covered here
- Rashes are temporary. Birthmarks last for several years or longer.

## Topics Covered

Go directly to the topic that relates to your question for advice.

1. Mongolian Spots – bluish-green birthmark, often on buttock
2. Stork Bites (Pink Birthmarks) – on back of neck or bridge of nose
3. Strawberry Hemangiomas – raised red birthmarks
4. Port-wine stains - dark red or purple flat birthmarks

## Care Advice

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### 1. **Mongolian Spots:**

- A Mongolian spot is a normal bluish-green or bluish-gray flat birthmark. They occur in over 90 percent of Native American, Asian, Hispanic, and African American babies. They are also seen in 10 percent of Caucasians, especially those of Mediterranean descent.
- They occur most commonly over the back and buttocks. However, they can be present on any part of the body.
- They vary greatly in size and shape.
- They do not indicate illness or any disease.
- What to Expect: Most fade away by 2 or 3 years of age. A trace may persist into adult life.
- Treatment: Not needed.

### 2. **Stork Bites (Pink Birthmarks):**

- Flat pink birthmarks that occur over the bridge of the nose or the eyelids. You can also find them on the back of the neck ("stork bites"). They occur in more than 50 percent of newborns. The ones in front are often referred to as "an angel's kiss".
- All the birthmarks on the bridge of the nose and eyelids clear completely. Those on the eyelids clear by 1 year of age. Those on the bridge of the nose may persist for a few more years. Those on the forehead from the nose to the hairline usually persist into adulthood. Laser treatment during infancy can be considered. Most birthmarks on the nape of the neck also clear. But, 25 percent can persist into adult life.
- Treatment: Not needed.

### 3. **Strawberry Hemangiomas:**

- Strawberry hemangiomas are red birthmarks that are raised or increasing in size. These usually start after 3 weeks of age.
- What to Expect: They become larger for 1 year. Then, they fade away over 6 to 8 years without any treatment.
- They run a small risk of bleeding with trauma. Any bleeding should stop with 10 minutes of direct pressure.
- Discuss with your child's doctor on the next regular visit. Call sooner if you are concerned.
- Treatment: In most cases, allow them to go away on their own.

### 4. **Port-Wine Stain Birthmarks:**

- Present at birth in 1 out of 200 newborns
- Deeper in color (dark red or purple) than stork bites (salmon patches)
- Flat, smooth surface
- What to Expect: Do not fade or disappear like stork bites. May become darker. Last through lifespan.
- Grow with the child, but cover the same area
- Treatment: May refer to dermatologist for laser treatments early in infancy.

## Call Your Doctor Back If...

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- Your baby starts looking or acting sick
- Your baby starts looking or acting abnormal in any way
- You think your baby needs to be seen

*This handout is intended for informational purposes only and should not be used as a substitute for the care and advice of a medical professional. The accuracy of the information contained in this handout is not guaranteed and there may be variations in treatment that your doctor or nurse may recommend based on individual facts and circumstances.*

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