

Umbilical granulomas should be treated with cooking salt

Umbilical granulomas commonly occur in the neonatal period. In normal circumstances, the umbilical stump falls off when the umbilical fibromuscular ring closes, 1 – 2 weeks after birth. Partial epithelialization over the stump may result in an overgrowth of granulation tissue. Thought to be due to a subclinical infection, the granuloma may range in size from 1 – 10 mm in diameter. Due to a propensity to infection potentially leading to omphalitis and necrotizing fasciitis, an umbilical granuloma should be treated.

Silver nitrate is often advocated as the first-line treatment for umbilical granulomas. However, along with its antiseptic effect, it is caustic and could damage healthy tissue adjacent to the umbilicus. A systematic review demonstrated that salt treatment was effective in most of 10 studies with no adverse effects.¹

Topical application of common salt for umbilical granulomas is simple, effective and inexpensive.^{2,3}

References:

1. [The outcome of salt treatment for umbilical granuloma: a systematic review](#) Patient Prefer Adherence. (2020)
 2. [Treatment of umbilical granuloma in infants with topical application of common salt: A scoping review](#). J Pediatr Surg. (2023)
 3. [Treating your baby's umbilical granuloma](#) NHS Patient information
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