



Dr Wolfgang Muller (Consultant Paediatrician)

Parent Information Guide:

Milia in Babies and Children

What Are Milia?

Milia (singular: *milium*) are **small white or yellow bumps** that can appear on your baby's face, especially the **nose, cheeks, forehead**, or around the **eyes**. They are very common and completely harmless.

Why Do Milia Happen?

Milia form when **tiny flakes of skin (keratin)** become trapped under the surface of the skin. This is often due to the **immature skin** of newborns, but milia can also appear in older children and adults after skin irritation or injury.

Are Milia the Same as Baby Acne?

No. Milia are **not acne**. They:

- Are not red or inflamed
 - Don't have a central opening
 - Don't cause discomfort or itching
 - Are not related to oil glands or hormones
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How Long Do Milia Last?

In babies, milia usually go away **on their own within a few weeks to a few months**. No treatment is needed.



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How Can I Care for My Baby's Skin?

- ✓ Gently wash your baby's face with **warm water** and a soft cloth once a day
 - ✓ Use a **mild, fragrance-free baby cleanser** if needed
 - ✓ Pat the skin dry — don't rub
 - ✗ **Do not squeeze, scrub, or pick** at the bumps
 - ✗ Avoid lotions or oils that may clog pores
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When Should I See a Doctor?

Milia are usually nothing to worry about. But speak to your GP or health visitor if:

- The bumps are red, inflamed, or spreading
 - Your child has other skin changes or signs of infection
 - You're unsure whether it is milia or something else
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Key Points to Remember

- Milia are **very common** and **harmless**
- They usually **clear up on their own**
- No special creams or treatments are needed
- **Do not pick** at them — this can cause irritation or scarring

For more advice, speak to your health visitor, pharmacist, or GP.

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