



PAEDIATRIC DERMATOLOGY

## A PINCH OF SALT: A NOVEL TECHNIQUE TO TREAT UMBILICAL GRANULOMA

*Jd Bagadia*<sup>(1)</sup>

*K.j.somaiya Medical College, Dermatology, Mumbai, India*<sup>(1)</sup>

**Introduction:** Umbilical granuloma is an overgrowth of granulation tissue following separation of umbilical cord, visible as a reddish inflamed nodule with sero-purulent discharge. Treatment options for this common entity are limited and have side-effects like chemical burns. In this study, we present a new method of single application of common salt in infants with umbilical granuloma.

**Objective:** To evaluate the therapeutic efficacy of single application of common salt, under occlusion, for treating umbilical granuloma in infants

**Materials and methods:** Seventeen infants were recruited in our prospective study after institutional ethics committee approval and consents from the infants' parents. Area of application was cleaned and sterile common salt was carefully applied over granuloma up to the base of lesion. The granuloma was then occluded with surgical adhesive tape for 24 hours. Cases were followed up next day for removing the occlusive tape and assessment of improvement.

**Results:** All seventeen cases responded well to this approach with complete resolution of lesions at 24 hours. Small clot-like shrunken tissue was found at the site of granuloma which was easily scraped off during gentle cleansing. No major complication or recurrence was noted in three months of regular follow up.

**Conclusions:** Complete resolution of umbilical granuloma can be achieved with clinic-based single application of salt under occlusion, within 24 hours. Salt causes shrinkage of granuloma inside occluded hyperosmolar chamber of salt by desiccant effect. Ease of application, low cost of treatment, accurate one-time physician-controlled application, complete and rapid resolution without any complication are the salient features of this method.

