



Many different skin conditions can happen during childhood, but some are more common in infants and toddlers with Down syndrome. In this handout, we review skin conditions more commonly seen in the first few years of life. We also provide links to other Patient Perspectives handouts where you can learn more.

## LIFE STAGES

## Infants &amp; Toddlers

## Dry Skin and Eczema

Dry skin is common in people with Down syndrome. This can start at a young age, and it commonly happens on the face and hands. Sometimes dry skin can lead to pink, itchy patches called eczema. Using moisturizing creams or ointments can help and your child's doctor can give other tips and treatments.

DS &amp; Dry Skin



To learn more, check out the [Patient Perspectives Down Syndrome & Dry Skin Handout](#).

## Livedo Reticularis

Infants and children with Down syndrome can have a red, net-like pattern on their skin called livedo reticularis or cutis marmorata. This is not painful or dangerous. It can be more noticeable when it is cold. It appears more commonly on the arms and legs. Warming the body sometimes helps. As kids grow, it may fade, but it can continue as an adult. If it continues for years, talk to your doctor, since it rarely may be caused by an underlying medical condition. If you have questions, ask your child's doctor about livedo reticularis.

## Diaper Rash

Diaper rash is common in all infants and toddlers. Sometimes children with Down syndrome can have a condition called Hirschsprung disease. This disease is diagnosed at birth and prevents poop from moving through the body normally. Hirschsprung disease can be treated by surgery, but these children can still develop diaper rashes. If your child has Hirschsprung disease, talk to their doctor about how to prevent diaper rash.

Diaper Rash



To learn more about diaper rash and how to treat it, check out the [Patient Perspectives Diaper Care Handout](#).

## Alopecia Areata

Alopecia means hair loss. Alopecia areata is hair loss from immune cells attacking the hair, causing:

- » Round spots of missing hair on the head.
- » Eyebrows and eyelashes to sometimes fall out.

This happens more often in children and adults with Down syndrome because they are more likely to have conditions caused by their immune system. It sometimes starts as young as the first few years of life. Talk to their doctor if you think your child is losing hair. If they suspect alopecia areata, they should make sure thyroid tests have been done recently.

Alopecia Areata



Check out the [Patient Perspectives Alopecia Areata Handout](#) for more information.

## Rashes Around the Mouth

In infants and toddlers with Down syndrome, there are many reasons for rashes around the mouth:

- » Saliva and/or food
- » Weaker mouth muscles
- » A larger tongue

Dry lips and sores at the corners of the mouth can happen. Perioral or periorificial dermatitis is another common rash that looks like small pink bumps around the mouth, nose, and eyes. Using moisturizing ointments can help rashes around the mouth. Your child's doctor can give other tips and treatments.



To learn more, check out the [Patient Perspectives Down Syndrome & Rashes Around the Mouth Handout](#).

## Scars

Scars can develop after an injury or after surgery. Scars may be flat, pressed down, or raised. Follow the doctor's instructions on how to take care of the scar after the surgery. There may be treatments for scars after they have healed to help with how they feel and look. Ask your child's doctor about these options.



To learn more, check out the [Patient Perspectives Scars Handout](#).

## Sun Protection

It is important to protect your child from too much sun. Here are some tips:

- » Keep infants out of direct sun.
- » Use sun-protective clothing.
- » If in the sun, sunscreen should be applied to exposed skin. The face, ears, and hands should be protected year-round.
- » Use broad spectrum sunscreen with an SPF 30 or higher.

Mineral sunscreens are safe for infants older than 6 months old. If your younger baby needs sunscreen, talk to your doctor about the safest options.



To learn more, check out the [Patient Perspectives Sun Protection Handout](#).

*Rare, but let's talk about it!*

## Transient Abnormal Myelopoiesis

People with Down syndrome are already at an increased risk for a blood cancer called acute myeloid leukemia. Transient abnormal myelopoiesis is a rare transient neonatal leukemia seen in newborns with Down syndrome. Here are some facts:

- » Causes rashes on the skin in newborns. It often looks like raised red bumps or pimples.
- » It often goes away on its own.
- » Children with transient abnormal myelopoiesis should be regularly seen by a blood doctor (hematologist) because they are at an even higher risk of developing leukemia in the future.

Ask your child's doctor to learn more.



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