

## **World Health Organization Recommendations For Umbilical Cord Care and Bathing**

- 1) A newborn should not be bathed before 6 hours after birth, or longer if possible because bathing a newborn can cause hypothermia. Babies do not regulate their body temperature well until at least 6 hours after birth.
- 2) Clean the umbilical cord stump with water, not with alcohol. Alcohol is not recommended because it is irritating to the skin and it delays healing and drying of the umbilical cord stump.
- 3) Immersing a newborn in a tub is not harmful to the cord. A study comparing daily bathing with no bathing has shown no difference in umbilical cord colonization or infection between the groups.

Source:

[http://www.who.int/reproductive-health/publications/MSM\\_98\\_4/MSM\\_98\\_4\\_chapter4.en.html](http://www.who.int/reproductive-health/publications/MSM_98_4/MSM_98_4_chapter4.en.html)