



# Home Care

## For Baby's Blisters Due To Cold Sores



Use a cold compress to soothe the pain



If your baby eats solids, avoid giving acidic foods



Breastfeed your baby frequently to keep them hydrated



Keep the affected area clean and dry



Never try to puncture or burst the blister



Avoid triggers such as excessive sun exposure



Speak to a pediatrician about over-the-counter medications

### References:

1. Pediatric Blisters; Children's National
2. Cold Sores in Children: About the Herpes Simplex Virus; American Academy of Pediatrics