



Blue Spot Marks

What are blue spots?

- Hyper pigmented skin mark
- Not always present at birth – can appear up to 3 months of age
- Common in children African/Asian descent
- Rarer in Caucasians but can be seen in 3% of individuals
- Usually bluish / slate grey in colour
- Usually flat and not raised or swollen
- Can be single or multiple
- Common sites on lower back / sacrum or buttocks
- Trunk or limbs rarer
- Face and scalp very rare
- Usually fade with age



Differentiating Blue spot from a bruise

- Typical sites
- Non tender
- Usually homogenous in colour
- Take months /years to fade or disappear

