

THINGS TO KNOW ABOUT Diaper RASH

Diaper Rash, is a skin irritation in the area covered by the diaper. Most babies will have a diaper rash some time during their diaper wearing days The first sign is usually redness or small bumps on the lower abdomen, buttocks, genitals and thighs – places that have been in direct contact with the wet or soiled diaper.

PREVENTION:

- ☞ Change diapers frequently, as soon as possible after they have become soiled or wet. It may be necessary to change the diaper at least once during the night.
- ☞ Clean baby's skin with lots of warm tap water with each diaper change. Wash with a mild soap (like Dove) only after bowel movements and rinse thoroughly. Pat the skin dry gently. Avoid disposable wipes unless you are traveling.
- ☞ Leave the skin open to the air as often as possible, The diaper can be left off, and a diaper or towel can be put under baby for naptime or while awake and playing.
- ☞ Avoid plastic pants or disposable diapers that have tight elastic around the legs.
- ☞ If using cloth diapers, wash baby's diapers with Ivory or Dreft detergent and bleach. Rinse thoroughly.



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TREATMENT:

- ☞ Do all of the steps listed under prevention plus the ones below as needed.
- ☞ If the skin is painful, let baby sit in the bath for 10 minutes three times a day. Add 2 tablespoons of baking soda to the tub of warm water. Stay with baby while baby is in the bath.
- ☞ Try protecting the skin, especially if baby is having diarrhea, with Desitin, Diaprerene or A&D Ointment. Be sure to clean baby's skin before applying.

When to call your Health Care Provider:

- ☞ If the rash isn't better in 3 days*.
- ☞ If the rash has pimples, blisters, boils, pus or yellow crusts.
- ☞ If the rash becomes very red, raw or sore looking.
- ☞ If the rash spreads beyond the diaper area.
- ☞ If the child is acting sick, weak or has fever.

*If rash hasn't improved in 3 days it may be a yeast infection. Your healthcare provider may suggest a medicated cream such as Nystatin or Lotrimin. These creams are applied four times a day, after cleaning and drying the skin. Continue for two to three days after the rash has disappeared. These creams are only to treat yeast rashes and should not be used for other rashes.



Jefferson County Public Health
Community Health Services
260 S. Kipling
Lakewood, CO 80226
303-239-7033



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