

COMMON SENSE REMEDIES AND TREATMENT FOR

DIAPER RASH

Diaper rash, or diaper dermatitis, is a general term describing any of a number of inflammatory skin conditions that can occur in the diaper area. Diaper rash, of which there are many types, is believed to result from a combination of several factors. This handout lists some common sense preventive measures; provides instructions on cleaning of the diaper area; lists the types of diaper rash; lists the causes; and provides treatment options. The purpose of this handout is to provide information to those parents who are expecting or have recently given birth to their first child.



COMMON SENSE PREVENTIVE MEASURES

- Change diapers often
- Rinse the baby's bottom with water as part of each diaper change (a water bottle as well as moist washcloths and cotton balls can be used)
- Pat the baby dry with a clean towel
- Don't over tighten diapers
- Give the baby's bottom more time without a diaper
- Wash cloth diapers carefully
- Consider using ointment regularly
- After changing the baby's diapers, wash your hands well

CAUSES OF DIAPER RASH

- Irritation from Stool and Urine
- Introduction of New Foods
- Irritation from a New Product
- Bacterial or Yeast (Fungal) Infection
- Sensitive Skin
- Chafing or Rubbing
- Use of Antibiotics

TYPES OF DIAPER RASH

- Contact Diaper Rash
- Impetigo
- Intertrigo
- Seborrhea
- Yeast Rash

CLEANING OF THE DIAPER AREA

- Avoid excessive scrubbing; instead, urine and feces can be rinsed away with warm tap water.
- Disposable baby wipes and over-the-counter cornstarch should not be used due to the irritant effect of their contents. *Note: Cornstarch used in compounding an ointment prescription is acceptable.*
- Gently pat the areas dry before placing a clean diaper or ointment on the baby.

TREATMENT OF DIAPER RASH

- Prevention
 - More frequent diaper changes
 - Keep the baby's skin as clean as possible
 - Increase the exposure of the buttocks to air
 - Avoid tight-fitting diapers
 - Discontinue the use of plastic pants
 - Use a barrier cream or ointment to help prevent and often clear up mild cases of diaper dermatitis
- Physician's Care (if any of the following symptoms occur):
 - A rash that extends beyond the diaper area
 - Blisters or boils
 - Fever
 - Pus or weeping discharge

