

## 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

