



Diaper Rash

Diaper rash is a form of inflamed skin that appears on our baby's bottom. To help prevent diaper rash wash your hands before and after each diaper change. Change diapers as soon as they are wet or dirty. Leave the diaper off and allow the area to air-dry for 5 to 10 minutes after each diaper change. Make sure baby is in safe place during this time.

Causes

- wetness from wearing a wet diaper too long
- frequent bowel movements or diarrhoea
- a child with sensitive skin can react to a diaper rubbing against their skin or fragrances/detergents/lotion/powder
- when children start eating solid foods or introduced to a new food
- the diaper area is warm and moist so it is easy for bacteria or yeast infection to flourish there
- if rash is red with raised edges it is usually caused by yeast and the rash will not clear with a zinc oxide cream.

Treatment

- Wash babies bottom with mild soap and warm water, rinse and pat dry. If necessary, use a clean washcloth for each diaper change.
- Use an unscented barrier ointment, such as Vaseline or a cream with zinc oxide. If you use cream, clean it off with soap and water and reapply after each diaper change. If you use Vaseline, use it as a preventative method, but stop when rash is present.
- Using wipes can dry out your baby's skin. If you need to use them, choose alcohol free.
- Do not use baby powder or talc.
- Talk to your doctor if rash does not improve after a few days.

Helpful websites

Canadian Paediatric Society
www.cps.ca

Mayo Clinic
www.mayoclinic.org

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