

Name of Child: _____ Date: _____

Diaper Rash

What is diaper rash?

Diaper rash is any rash on the skin that is under the diaper. Almost every baby gets a diaper rash.

Signs:

Any rash in the diaper area, ranging from mild to severe.

The skin may:

- be slightly red
- be very red
- have open sores

What causes diaper rash?

Many things can cause diaper rashes.

Contact

- diaper rubs against the skin
- diaper is too small
- baby is allergic to the diaper
- the detergent the diaper is washed in bothers your baby's skin

Wetness touching the skin for too long a time:

- urine
- stools or bowel movements

Infection

— yeast infection

When skin stays wet too long, it gets bothered and turns red. Wet skin turns red faster when it is rubbed.

Babies can get diaper rash when their diapers are not kept clean and dry. When babies start to eat solid food, they have stools more often. If their diapers are not changed enough, they may get diaper rash.

Sometimes we do not know what caused the diaper rash.

Do at home:

If your baby has a diaper rash:

- Change your baby's diaper as soon as it is wet or soiled.
Change your baby's diaper at least once a night.

yes no Let air flow around your baby's bottom. Let the rash air dry. Leave off the diaper as much as possible. Put a towel under your baby when he or she sleeps. When your baby wears a diaper, put it on loosely, so the air can get between your baby's skin and the diaper.



**Let air flow around
your baby's bottom.**

- Clean the rash with warm water.
Use a mild soap only after a bowel movement, then rinse well with water.
Pat dry, gently. Do not rub the rash.

If your baby's rash is raw, soak your baby's bottom in some warm water for 5 minutes, 3 times a day.

yes no Use a cream or ointment on your baby's rash.
Most babies do not use diaper cream or ointment. Ask the doctor if your

baby needs a cream.

If so, write the name of the cream here: _____

- Change how you wash your baby's diapers.

If you use cloth diapers, you may use a diaper service. If you wash them yourself, wash them in a washing machine, in any laundry soap (like Ivory or Dreft). Then, wash them again in the machine with warm water, no laundry soap, and 1 cup of bleach. After this bleach wash, rinse the diapers again. Bleach left on the diaper may make the rash worse. Do not use a fabric softener or anti-cling product.



Call the doctor or clinic right away if:

- Your baby has a fever.
- Your baby acts very sick.



Call the doctor or clinic within 24 hours if:

- The diaper rash does not get better in 3 days, even though you keep your baby clean and dry.
- The diaper rash has blisters, pimples, crusts, boils, or sores filled with pus.
- You think your baby's diaper rash may be caused by a yeast infection. A yeast infection (also called **Candida**). If a diaper rash is caused by a yeast infection, it may be red, raw, and covers a large area with red dots around it.

How to prevent diaper rash

You may be able to keep your baby from getting a diaper rash if you:

- Change the diaper as soon as it is wet or soiled.
- Gently clean the diaper area with warm water. You don't have to use soap each time you change the diaper.
- Do not use baby powder, talcum powder, or cornstarch on your baby's skin. It is not safe for the baby to breathe in the powder.
- Baby wipes can dry or bother the skin. Don't use them too often.
- When your baby sleeps, put the diaper on loosely.
- Do not use plastic pants over the diaper at night.
- Use diaper creams or ointments only if your doctor or nurse tells you to use them.

Now that you've read this:

- Tell your nurse or doctor how you will treat diaper rash. (Check when done.)
- Tell your nurse or doctor how you will prevent diaper rash. (Check when done.)



If you have any questions or concerns,

- call your child's doctor or
- call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, January 8, 2010 • DRAFT to family review
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The Emily Center

Diaper Rash

First Aid and Home Care

Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 427

For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!