

Name of Child: _____ Date: _____

Diaper Rash

What is diaper rash?

Diaper rash is any rash on the skin that is under the diaper. Diaper rashes are very common.

Signs:

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

The skin may be:

- red
- scaly
- painful
- covered in red bumps
- covered in open sores

Causes of diaper rash:

- wetness touching the skin for too long
 - When skin stays wet too long, it can cause the skin to get soft and break down. Rubbing from the diaper may make it worse and the skin can get red and irritated. Red, irritated skin can become infected or break down easier and can cause sores in the diaper area.
- diaper rubs against the skin (**skin friction**)

- skin irritation from urine or stool in the diaper
 - Keeping diapers clean and dry is one of the best ways to prevent a diaper rash.
 - Sometimes when babies start to eat solid food, they have stools more often. If their diapers are not changed enough, they may get diaper rash.
- baby is allergic to the diaper
- infection with bacteria or yeast (**Candida**)
- If using cloth diapers, the laundry detergent used to wash the diapers may irritate your baby's skin.
- Sometimes we do not know what caused the diaper rash.

If your baby has a diaper rash:

- Change your baby's diaper as soon as it is wet or soiled day and night. Change your baby's diaper at least once a night.
- Use clean, soft paper towels or a soft cloth with a spray bottle filled with water for diaper changes. Sometimes baby wipes can irritate your baby's rash.
- Apply a thick layer of a barrier cream containing zinc oxide or ointment with each diaper change. The zinc product should have a high percentage of zinc in it, such as 40% zinc. Do not remove all of the barrier cream or ointment during a diaper change. Pat the skin gently to remove all of the urine or stool. This will cause less friction and less irritation to the skin. Apply another thick layer of cream or ointment.
 - Examples of barrier creams are: Desitin, A & D Ointment, and Triple Paste.
 - Examples of ointments are: petroleum jelly and Vaseline.
- Clean the diaper area at least once a day with warm water and a small amount of mild soap. Rinse well with water and gently pat dry the irritated skin. Do not rub the rash.

- If possible, allow your baby to have some time without a diaper so that the irritated skin is exposed to air. 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.**

- Change how you wash your baby's cloth diapers.
 - If you use cloth diapers, you may try using 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.

- Avoid using powders such as baby powder, cornstarch, or talcum powder. It is not safe for you or your baby to breathe in the powder.
- Avoid using powders such as baking soda or boric acid. They might be absorbed by the skin and cause your baby to become ill.



Call the doctor or clinic right away if:

- Your baby has a fever.
- Your baby acts very sick.
- Your baby is crying and inconsolable
- Your baby's diaper rash does not get better after 3 days of trying the treatments mentioned in this handout.
- Your baby's diaper rash has blisters, pimples, crusts, boils, or sores filled with pus, or bleeding sores.
- You think your baby's diaper rash may be caused by a yeast infection.
 - 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:

- Change your baby's diaper as soon as it is wet or soiled.
- Gently clean the diaper area with warm water and mild soap once a day. Dry the diaper area by patting the skin instead of rubbing it.
- Apply a thick layer of barrier cream or ointment with each diaper change.
- Baby wipes can dry or bother the skin. Do not use them if your baby's skin is irritated or broken down. Instead, use clean, soft paper towels or a soft cloth and a spray bottle with water with each diaper change.
- When your baby sleeps, put the diaper on loosely.
- Do not use plastic pants over the diaper at night.

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
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: facebook.com/theemilycenter
Twitter: [@emilycenter](https://twitter.com/emilycenter)
Pinterest: pinterest.com/emilycenter

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.

June 2, 2016 • DRAFT to family review
#427 • Written by Deborah Parker, RN • Illustrated by Dennis Swain and Irene Takamizu

Diaper Rash

Name of Health Care Provider: _____

Date returned: _____ db

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.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!