

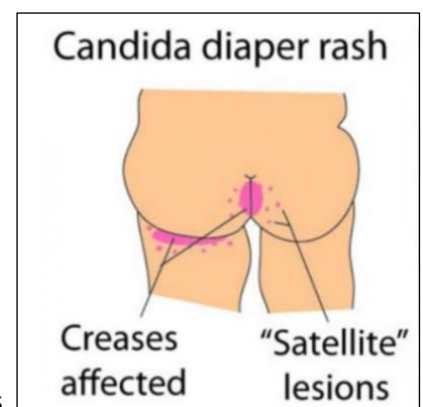
Diaper Rash

Symptoms and causes

- Pink or red rash to diaper area that causes discomfort or pain.
- Irritation from soaps or diaper wipes, stool and urine left on skin in the diaper, or from diarrhea
- A secondary fungal infection, such as a yeast infection

Helpful hints

1. **Change diapers more often:** Change diapers more often to prevent skin contact with stool or urine. This includes checking diaper overnight and changing if wet or soiled. Be sure to clean stool out of skin folds.
2. **Warm Water:** Rinse off the stool with water or gently wipe with water wipes/wet washcloth. Avoid soaps and wipes with fragrance. After bathing, pat skin dry, or use hair dryer on cool setting.
3. **Allow airtime:** As much as possible, leave bottom open to air and attach the diaper loosely at the waist to help with air exposure. If unable to provide diaper free time, even offering a few minutes without the diaper after a diaper change is helpful.
4. **Form a barrier to protect the skin:** Apply diaper creams and barrier ointments every diaper change and very liberally. Do not fully remove layer with diaper changes.
 - Step 1: apply a zinc based diaper ointment in a thick layer, like spreading icing. Examples are Desitin, Boudreaux's, Triple Paste, A&D Ointment, Aquaphor Diaper Cream.
 - Step 2: apply a clear ointment on top of the zinc ointment. Examples are Aquaphor, Vaseline, Petroleum Jelly, Coconut oil
5. **Raw Skin:**
 - If the bottom is very raw, soak in warm water for 10-30 minutes. Add ¼ cup of baking soda to the tub of warm as often as needed. Avoid washing with soap afterwards. Rinse with warm water as needed.
 - When out of bath, pat skin dry. Do not rub. If there's time, dry the diaper area with a hair dryer on **cool setting**. Then apply ointments as listed above.
6. **What to Expect:**
 - With proper treatment, most diaper rashes improve daily. If the rash does not improve or worsens, it's possible that a yeast infection has occurred. Yeast infections are typically bright red with well-defined borders AND have red dots, called "satellite lesions" surrounding the rash. Most yeast infection rashes cross the creases of the diaper area.
 - If you suspect a yeast rash, start over the counter clotrimazole (Lotrimin) and use 2-3 times/day until the rash resolves (which may take 14 days or more). There is no harm in starting this medication if you are not sure the rash is from yeast.
 - You can return to daycare, the diaper rash cannot be spread to others



<https://starship.org.nz/guidelines/nappy-dermatitis/>

Call back if.....

There is spreading redness, the rash is worsening (cracking, blistering, sores, or scabs), the rash is painful, and discomfort is not well controlled with ibuprofen or acetaminophen.