



Yeast Diaper Rash

Symptoms and causes

Candida, or yeast, can cause a diaper rash that is typically:

- **Bright red** with well-defined borders that involves the **skin folds/creases** of the diaper area.
- May have small red bumps or spots around the edges of the main rash, called “**satellite lesions**.”
- May cause significant discomfort or tenderness.

Yeast diaper rashes are more likely to occur after antibiotic use, with diarrhea, or when a diaper rash has been present for several days.

Helpful hints

1. **Change diapers more often:** Change diapers frequently, especially after stool. Gently clean with warm water and a soft washcloth or water wipes. Avoid fragranced wipes and soaps. Pat the skin dry rather than rubbing.
2. **Give the skin some “airtime:”**
Allow the diaper area to air dry whenever possible. After diaper changes, leave the diaper off for a few minutes when practical.
3. **Form a barrier to protect the skin:**
 - Step 1: apply antifungal ointment such as OTC clotrimazole (Lotrimin), or if prescribed, an antifungal ointment (Nystatin). They are used 3 times/day until the rash resolves, which may take 14 days or more. There is no harm in starting this medication if unsure the rash is from yeast.
 - Step 2: apply a zinc based diaper ointment in a thick layer on top, like spreading icing. Examples are Desitin, Boudreaux’s, Triple Paste, A&D Ointment, Aquaphor Diaper Cream.
 - Step 3: apply a clear ointment on top of the zinc ointment. Examples are Aquaphor, Vaseline, Petroleum Jelly, Coconut oil.Apply barrier ointments every diaper change. Do not fully remove layer with diaper changes.
4. **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.

What to Expect:

- The rash should begin to improve within a few days of appropriate antifungal treatment. Continue treatment until the rash has resolved.
- **Candida diaper rash is not considered contagious and does not require exclusion from daycare.**

Call back if.....

- The rash is **not improving after 3–5 days** of treatment or is worsening.
- There is spreading redness, significant swelling, cracking, blistering, open sores, or drainage.
- Your child has significant pain or discomfort.
- Your child develops a fever or otherwise appears ill.