

How to Care for a Baby with Diaper Rash

This leaflet will provide you with information about Diaper Rash (Nappy rash) Causes, symptoms, diagnosis, treatment and home care advice.



What is Diaper Rash?

Diaper rash is a form of inflamed skin (dermatitis) that appears as a spot of bright red skin on your baby's bottom.

Diaper rash is often related to wet or rarely changed diapers, skin sensitivity, and rubbing. It usually affects babies, But can affect anyone who wears a diaper regularly can get a diaper rash.

What causes Diaper rash?

Diaper rash can be caused by:

- o **Exposure to urine or stool for a long duration:** This can affect & irritate a baby's sensitive skin. This can be seen if the baby has frequent bowel movements or diarrhoea.
- o **Tight-fitting diapers or clothing:** this can cause rubs against the skin can lead to a rash.

Home care advice

Simple at-home treatments can help to clear the diaper rash.

When changing your child's diaper:

Do:

1. Wash the skin gently with warm water. Or use a squeeze bottle to run warm water over your baby's bottom.
2. If you use soap, use one that is mild and fragrance-free.
3. Gently dry the skin with a soft cloth.
4. Apply a skin ointment, petroleum jelly or paste as instructed.
5. Use disposable diapers as they pull moisture away from the skin better than cloth diapers.

From time to time, let your baby's bottom air out without a diaper on.

You can place your baby in the crib with a waterproof sheet or on a large towel on the floor.

Do not:

1. Do not use baby wipes.
2. Do not rub the skin.
3. Don't remove all of the ointment or paste with each diaper change when your baby has only peed in the diaper; you just wash with warm water.
4. Don't use powder.

Seek medical advice if:

- The diaper rash gets worse or does not get better in a few days, and you have followed the above advice.
- Your baby has blisters, pimples, or open sores.
- There is pus draining from the rash.
- Your baby seems very uncomfortable or has a fever.

- **Product irritation:** The baby's skin may react to baby wipes, a new brand of disposable diapers, or a detergent, bleach or fabric softener used to wash cloth diapers.
- **Local infection:** The area covered by a diaper: buttocks, thighs, folds of the skin, and your baby's private parts are especially at risk because it's warm and moist, making a perfect environment for bacteria and yeast.
- **New food:** Changes in your baby's food can also increase the frequency of stools, which can lead to diaper rash.
- **Skin Condition:** Babies with skin conditions may be more likely to develop diaper rash.
- **Use of Antibiotics:** This can increase the chance of getting diaper rash in different ways:
 1. Antibiotics kill bacteria resulting in or increase the already existing diaper rash due to yeast infection.
 2. Antibiotic use also increases the risk of diarrhoea.

What are the Symptoms of Diaper Rash?

The baby may seem to be more uncomfortable than usual during diaper changes. You may also notice red, tender-looking skin in the diaper region, buttocks, thighs and genitals (private area).

How is Diaper Rash diagnosed?

The doctor will ask few questions about your baby's health and examine your baby. Blood tests are normally not required.

How is Diaper Rash treated?

- **Keep the area dry:** This can be done by regular checking and changing your baby's diaper.
- **Creams or ointments:** The doctor may decide creams or ointments to be applied to the affected area.