

Diaper Rash

What is a diaper rash?

Diaper rash is any rash that develops inside the diaper area. The skin can be very red. It is usually seen around the groin and inside the folds of the upper thighs and buttocks.

What causes diaper rash?

- Too much moisture
- Rubbing
- When urine, stools, or both touch the skin for long periods of time
- Yeast infection
- Bacterial infection
- Allergic reaction to diaper material

What can I do if my baby gets a diaper rash?

It is very important to keep the diaper area as clean and dry as possible. Change wet or soiled diapers right away.

Gently clean the diaper area with water and a soft washcloth. Use soap only if the stool does not come off easily.

Pat dry. Do not rub and do not scrub. Scrubbing the area can worsen the rash.

Allow the area to air-dry fully before putting the diaper back on.

Apply a thick layer of ointment or cream to the area. The ointment or cream should have *zinc oxide* or *petroleum jelly* in it.

Avoid using baby wipes. The alcohol and perfumes in these can worsen the rash.

Do not put the diaper on too tight. Keep the diaper loose so the wet and soiled parts do not rub against the skin as much.

When to call the pediatrician

Sometimes a diaper rash needs medical attention. Talk with your pediatrician if:

- The rash does not look like it is going away or gets worse 2 to 3 days after treatments.
- The rash includes blisters or pus-filled sores.