

## Fast Facts

### Diaper Rash

- A very common condition among young children
- When skin becomes inflamed or irritated
- Caused by skin sensitivity, chafing, wet/soiled diapers, infrequently changed diapers and antibiotics
- Area covered by the diaper is usually warm and moist, making it a perfect place for bacteria or fungal infections to grow

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Red, tender-looking skin in the area that is covered by their diaper (patches or little red dots)</li> <li>-Child appears uncomfortable</li> <li>-Child might cry during diaper changes when the area is being touched</li> </ul>	<p><i>Goal:</i> To keep skin clean and dry as possible</p> <ul style="list-style-type: none"> <li>-Change diaper as soon as it is wet or soiled</li> <li>-Gently cleaning the area</li> <li>-Apply a cream, paste or ointment (especially those with zinc oxide or petroleum jelly)</li> <li>- Do not use any products that contain baking soda, boric acid, camphor, phenol, benzocaine, diphenhydramine or salicylate</li> <li>-Do not scrub off the protective barrier with the next diaper change</li> <li>-Use mineral oil to remove barrier</li> <li>-Avoid airtight plastic pants or diaper covers</li> <li>-Use a diaper that is a size larger than usual until the rash is gone</li> <li>-Expose diaper area to air without a diaper or protective ointment on it for short periods several times a day</li> <li>-Gently bathe your baby every day using warm water with mild, fragrance-free soap</li> </ul>	<ul style="list-style-type: none"> <li>-Change diapers frequently</li> <li>-Be gentle while wiping</li> <li>-Make sure wipes don't have alcohol in them and are fragrance free</li> <li>-Rinse the area with warm water at each diaper change (if possible)</li> <li>-Gently pat the area dry or let it air dry</li> <li>-Don't overtightening diapers</li> <li>-Allow more time without a diaper (lay a large towel on the floor to avoid a mess)</li> <li>-Wash your hands thoroughly after every diaper change</li> </ul> <p>If your child is prone to developing diaper rash:</p> <ul style="list-style-type: none"> <li>-Use ointment regularly, even when they don't have a rash</li> </ul> <p>Noted: It used to be common practice to use powders, like cornstarch or talcum powder, because they were believed to absorb excess moisture. Doctors no longer recommend this because if the powder is inhaled by the baby, it can result in lung problems</p>

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