

DIAPER RASH

- 1. Definition:** Almost every child gets diaper rash. Most of them are due to a combination of overheating, wetness and irritation. With proper treatment, they are usually much better in a few days.
- 2. Treatment:** Leave the baby's bottom exposed to the air as long as possible several times each day. Practical times are during naps or just after BM's. Check the diapers about every hour and if they are wet or soiled change them immediately. Use wipes sparingly. They can worsen diaper rash. If possible, wash off with cloth and water.
- 3.** Wash the area gently with water and a mild soap. The soap will remove the film of bacteria left on the skin by BM's. After using soap, rinse, and dry your baby carefully. Then apply some protective ointment.
- 4.** Buy some zinc oxide cream (Desitin, A&D, Balmex, or Calmoseptine) at your drug store. You won't need a prescription. Apply it after soap washings.
- 5. Diapers:** To clean cloth diapers well, give them a second rinsing in chlorinated bleach such as Purex or Clorox. The soap you use during the regular cycle is not very important. After the cycle is complete, refill the washer with warm water, add $\frac{3}{4}$ to 1 cup Clorox or Purex and run a second cycle with a second rinse to remove all bleach. Synthetic diapers do not make the rash worse, generally, and can be helpful because they are so absorbent.
- 6. Call our office during regular office hours if:**
 - a.** The rash isn't much better in four days.
 - b.** The child has any fever over 101°F or 38.2°C or is ill.
 - c.** There are any big blisters.
 - d.** The child is in much pain from the rash.
 - e.** The color is bright red or beet red.
 - f.** There is any thrush, or white spots in the mouth.
 - g.** There are any pimples, boils, pus or yellow crusts. Also, if child is male or circumcised, call if there is a sore or scab on the tip of the penis.
- 7. Call our office urgently if:**
 - a.** Diaper Rash is not an emergency and isn't a reason to go to the ER.