

## Diaper Rash Information

Diaper Rash is the term used to describe a rash or irritation in the area covered by the diaper. The first sign of diaper rash is usually redness or small bumps on the lower abdomen, buttocks, genitals, and thigh fold surfaces that have been in direct contact with the wet or soiled diaper. This type of diaper rash is rarely serious, and usually clears in three or four days with appropriate care.

To reduce your baby's risk of diaper rash, make these steps a part of your diapering routine:

- Change wet diapers as soon as possible after a bowel movement. Cleanse the diaper area with a soft cloth and water after each bowel movement.
- Change wet diapers frequently to reduce skin exposure to moisture.
- Expose the baby's bottom to air whenever possible. Try to avoid using plastic pants.
- Baby wipe may make the rash worse.

There are two very common causes of diaper rash. Your pharmacist has checked the type your child has, and the recommended treatment.

\_\_\_ Your child's rash is most likely caused by irritation to the skin from the diaper. Follow the advice for all diaper rashes above, and use Vitamin A and D ointment, which will help to relieve the dry and irritated skin. Apply a thin film to the affected areas of skin, 3-4 times a day.

\_\_\_ Your child's diaper rash is most likely caused by a yeast or fungus. This often occurs when children have been on antibiotics, or if a rash has been present for several days. Use Clotrimazole 1% applied to the diaper area 3 times a day.

For either type of rash: If the rash does not improve within 3 days, or if your child develops blisters, peeling areas, crusting areas, pus, pimples or ulcerations - consult your practitioner.

If you have any questions about your medications, please call the clinic.