NATIONWIDE CHILDREN'S HOSPITAL™

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nationwidechildrens.org

DIAPER RASH

Diaper rash happens when urine and bowel movements irritate baby's skin. Baby's skin becomes sore and hurts when the diaper is wet or soiled. There are several things you can do to heal the diaper rash.

WHAT TO DO

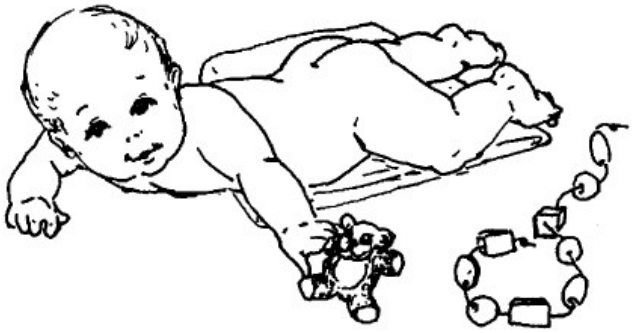
Do the following several times a day:

1. Remove the baby's diaper.
2. Clean baby's bottom and all skin folds well with mild soap and water. Rinse the skin well and pat dry (Picture 1).
3. Turn baby on his or her stomach or back depending on the location of the rash and put a folded diaper underneath.
4. Let baby play with the diaper off. The air helps dry
5. and heal the rash (Picture 2).
6. You may use an over-the-counter ointment such as Desitin or Balmex on baby's bottom. Don't use baby powder.
7. If the rash does not improve in 3 days, call your
8. doctor.

Picture 1 Wash baby well with soap and water.

SPECIAL HINTS

- Change the diaper as soon as baby wets or has a bowel movement. May want to change once during the night.
- Gently wash and dry baby's bottom every time you change the diaper.
- It is helpful to lay your baby on a towel or diaper with his bottom exposed to air.
- Plastic pants over cloth diapers may make diaper rash worse. Try not to use these while your baby has a rash.
- Disposable diapers may be used – change baby more frequently than you normally do.
- If the diaper has a strong ammonia odor, give the baby more water to drink between feedings.
- If the bowel movements are loose or runny, cut down on the fruit juice you give.
- Don't use diaper wipes because they may irritate the skin.



Picture 2 Let baby play while the diaper is off.

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