

DIAPER RASH CARE

Most people understand that diaper rashes occur when baby skin is exposed to moisture and friction. However, what people don't realize is that one of the biggest causes of prolonged diaper rashes is having a bum that's been wiped and cleaned too aggressively! So, if your baby's diaper rash doesn't go away quickly, these steps should do the trick.

- Make sure to change the diaper as soon as it is wet or stinky.
- Skip the chemical wipes (even if they say they're "alcohol free" or "gentle"). A better choice for a rashy bum is to use wet tissue or toilet paper to wipe your baby's bum and pat dry.
- Be sure to clean your baby's bum daily in the bath, but don't let soap sit on the bum too long.
- Barrier creams are useful for protecting a baby's skin from rashes. These creams are called barriers because they are supposed to act as a barrier between the baby's skin and the baby's urine/poop.
- Barrier creams do not heal the skin; rather, they protect the skin from further irritation.

Best way to use a barrier cream:

1. Put on a **THICK** amount of cream with every diaper change - so thick you can't see the skin.
2. When poop happens, wipe off the poop and the **top layer of cream only** - do **NOT** get down to the bare skin.
3. Then apply more cream to replace what you removed. The idea is to keep poop and urine off your baby's skin until the skin can heal itself underneath the barrier layer.
4. Loosen or leave off the diaper as much as possible to cut down on friction.
5. Diarrhea can be very acidic and "burn" the skin. So, if diarrhea is involved, first apply some Maalox (yes, the liquid heartburn medicine) to the rash. Let it dry a bit, then apply a thick amount of barrier cream on top. Do this every diaper change until the diarrhea resolves.
6. Our favorite barrier cream is plain old original (not the "creamy" type) Desitin. Boudreaux's Butt Paste, A&D and Burt's Bees Diaper Ointment are ok, but Desitin is the king of barrier creams.

When to call the doctor:

- If there is bleeding from the skin or severe pain on diaper changing
- If the rash is not confined to the diaper area

- If the diaper rash doesn't improve in a few days, there may be a bacterial or fungal infection present. Call our office for further instructions or an appointment.