



## Diaper Rash

A skin rash that babies get in their diaper area



### Signs

- Diaper rash may appear as red, raised areas on the skin, sometimes with a yellow or white, raised center.
- The skin also can be dry and peeling.
- Reddened areas may cover all or part of the baby's skin on the buttocks and in the diaper area.



### What to Know

- It is important to change your baby's diaper each time he/she wets or has a bowel movement because germs grow best in warm, moist places.
- It is important to wash your hands before and after diaper changes.
- When changing your baby's diaper, cleanse the diaper area with disposable baby wipes or with a clean washcloth or soft paper towel using mild soap and warm water. Rinse the area with clean water and pat dry.
- Clean male babies by wiping all stool and urine from under and around the penis and scrotal area, from front to back.
- Clean female babies by separating the folds (labia) and cleansing away all stool and urine from front to back. A white vaginal discharge in the first few days of life is normal.

- Powders or oils should not be used in the diaper area.
- Detergent and fabric softeners, lotions, soap, disposable diapers or baby wipes, or anything touching the diaper area may cause skin irritation.



### What to Do

- Change the diaper each time your baby wets or has a bowel movement.
- Wash your hands before and after diaper changes.
- Keep the reddened area clean and dry.
- Let your baby go without diapers as much as possible and expose the rash area to open air.
- If using disposable diapers, you may try changing the diaper brand to see if it makes a difference or changing to cloth diapers until the rash disappears.
- If using cloth diapers, be sure to wash and rinse them thoroughly.
- Wash cloth diapers separately from other laundry.
- Ask your health care provider or pharmacist to help you select an over-the-counter diaper rash cream or ointment.

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## When to Call Your Health Care Provider

- If there are sores that have fluid or pus in them.
- If the skin is bright red and has small bumps at the edge of the redness.
- If your baby has the rash after four days of trying the listed suggestions.
- If the rash bleeds.
- If the rash spreads to other parts of your baby's body.
- If your baby develops a fever.
  - Axillary [armpit] 98.6° F (37.0° C) or higher
  - Rectally 100.4° F (38.0° C) or higher

