



Pediatric Clinic
PATIENT EDUCATION HANDOUTS
DIAPER RASH

Diaper rash is caused by irritation of the skin from urine and bowel movements. Your baby's skin may become sore and painful when the diaper is wet or soiled. There are several things you can do to heal the diaper rash.

WHAT YOU SHOULD DO:

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 skin well and pat dry.
3. Turn baby on his stomach with a folded diaper under him.
4. Let baby play on his stomach with his diaper off. The air helps dry and heal the rash.
5. You may apply a soothing ointment to baby's bottom as recommended by your doctor.
6. Wash baby well with soap and water.
7. Baking soda sitz baths may help comfort your child.
8. If the rash does not improve in 2-3 days, call your doctor.

SPECIAL HINTS:

Change the diaper as soon as the baby wets or has a bowel movement. Gently wash and dry baby's bottom every time you change his diaper.

Keep diaper off as much as possible. Plastic pants or throw-away diapers may make diaper rash worse. Try not to use these while baby has a rash. You may line disposable with cloth diaper.

If the diaper has a strong ammonia odor, give the baby more fluids such as Pedialyte or Ricelyte to drink between feedings.

If the bowel movements are loose or runny, cut down on the amount of fruit you give, and avoid fruit juices, especially apple juice.

Let baby play on tummy, with diaper off.

TO WASH DIAPERS:

Soak diapers in cold water. Then wash diapers in hot water using mild soap. Rinse well and dry. If rash continues, add 1/2 cup of white vinegar to the last rinse, then dry the diapers well.

If you have any questions, please call the Nurse Care Line at 1-888-887-4111.