Diaper Rash (Dermatitis)

Your caregiver has diagnosed your baby as having diaper rash.

CAUSES

Diaper rash can have a number of causes. The baby's bottom is often wet. So the skin there becomes soft and damaged. It is more susceptible to inflammation (*irritation*) and infections. This process is caused by the constant contact with:

- Urine.
- Fecal material.
- Retained diaper soap.
- Yeast.
- Germs (*bacteria*).

TREATMENT

- If the rash has been diagnosed as a recurrent yeast infection (*monilia*), an antifungal agent such as Monistat® cream will be useful.
- If the caregiver decides the rash is caused by a yeast or *bacterial* (germ) infection, he may prescribe an appropriate ointment or cream. If this is the case today:
  - Use the cream or ointment three times per day, unless otherwise directed.
  - Change the diaper whenever the baby is wet or soiled.
  - Leaving the diaper off for brief periods of time will also help.

HOME CARE INSTRUCTIONS

Most diaper rash responds readily to simple measures.

- Just changing the diapers frequently will allow the skin to become healthier.
- Using more absorbent diapers will keep the baby's bottom dryer.
- Each diaper change should be accompanied by washing the baby's bottom with warm soapy water. Dry it thoroughly. Make sure no soap remains on the skin.
- Over-the-counter ointments such as A&D®, petrolatum and zinc oxide paste may also prove useful. Ointments, if available, are generally less irritating than creams. Creams may produce a burning feeling when applied to irritated skin.

SEEK MEDICAL CARE IF:

If the rash has not improved in 2 to 3 days, or if the rash gets worse, you should make an appointment to see your baby's caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- A fever develops over 100.4ºF (38.0º C) or as your caregiver suggests.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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