



9910 W Loop 1604 N #124
San Antonio, TX 78254

Phone (210) 692-0358
Fax (210) 692-0359

Diaper Rash

Diaper rash is a common concern during the first few years of a child's life. It can be described as a rash that develops inside the diaper area, mostly around the abdomen, genitalia, and inside the skin folds of the thighs and buttocks. The following are common causes of diaper rash:

- skin exposure to too much moisture
- chafing or rubbing the skin
- prolonged contact of the skin with urine or feces
- yeast infection
- bacterial infection
- bouts of diarrhea
- allergic reaction to diaper material (or detergents used with cloth diapers)
- usage of antibiotics

The best treatment for diaper rash is prevention. Changing wet and soiled diapers frequently and allowing your child's skin to dry in between changes are the best measures to reduce the risk of diaper rash. Despite keeping your child clean and dry, if a diaper rash does develop, the following may help to clear up the rash:

- avoid using diaper wipes (contain alcohol that further irritates the rash)
- use warm water to cleanse the diaper area with each diaper change, either with a clean washcloth or squirt bottle
- pat the skin dry; do not rub
- allow the area to dry fully and if possible, let the child remain diaper free for 10 to 15 minutes
- apply a thick layer of protective ointment or cream (preferably with zinc oxide) to the affected skin (this does not need to be rubbed off with each change)

If your child has acidic diarrhea, apply an antacid liquid (such as Maalox® or Mylanta®) to the rash, followed by a generous layer of zinc oxide ointment. Continue to apply with each diaper change or several times a day until the rash has cleared.

Research suggests that diaper rash is less common with the use of disposable diapers. If you use cloth diapers, you can use the stay-dry liners inside to help keep your baby drier. Presoak heavily soiled diapers and keep separate from other clothes. Wash with hot water and double rinse each wash. Do not use fabric softeners on the diapers as they may be a cause of irritation or the rash itself.

Infants taking antibiotics are more likely to get diaper rash caused by a yeast infection. Yeast infects the weakened skin and causes a bright red rash with red spots at its edges. Please consult with your pediatrician in regards to treatment for a yeast infection.

Diaper rash usually resolves within 2 to 3 days with home care. If the rash persists more than 72 hours, looks infected (pimples, blisters, boils, or sores), or becomes bright red or raw, give your doctor a call.

Sources:

“Diaper Rash” accessed from www.kidshealth.org on 3/28/2008

“Prevention and Treatment of Diaper Rash” accessed from www.kidsgrowth.com on 3/28/2008

“Treating Diaper Rash” accessed from www.medem.com on 3/28/2008

“What Causes Diaper Rash” accessed from www.medem.com on 3/28/2008