

Diaper Rash

Diaper rash is very common in the first few months of life. It is caused by skin contact with stool or wetness. It is normal for newborns to stool several times a day so they often have a small amount of diaper rash. The skin becomes red and may develop bumps or blisters. It may also start to break down or crack and leave the skin open and bleeding. Open or broken skin will be painful for the baby.

Keeping babies clean and dry is very important to prevent diaper rash from starting or getting worse.

How do you prevent diaper rash from starting?

Use absorbent diapers and change them often. Diapers should be changed about every 2 hours in very young infants and at least 4 to 5 times a day for older infants. Diaper changes should be done more often if there is a rash - ideally as soon as the child stools. Use a diaper cream at least once or twice a day to prevent rash from starting.

About creams and ointments:

Barrier ointment such as plain petroleum jelly (Vaseline®) and A&D Ointment® are helpful at preventing diaper rash from starting, but are not as healing once a diaper rash has begun. If a diaper rash has started it is best to use a diaper cream that contains zinc oxide, such as Desitin®.

How do you treat a diaper rash?

When changing the baby, be as gentle as possible, especially if the skin is cracked. Diaper wipes may be too irritating to the skin and you may need to clean gently with warm water or gentle bathing. A "pen-wash" bottle, sports-drink bottle, or gentle spray from a faucet sprayer can be used. If the diaper is only wet, there is no need to wipe or clean. When changing the baby, allow the diaper to stay off for a few minutes, so the baby's bottom can air dry. Then apply a diaper cream every time you change the diaper.

What if the rash is getting worse?

If the rash is getting worse even though you are changing the baby very frequently and using diaper cream, please call. Sometimes diaper rashes can be complicated by yeast or other skin infections. The baby should be seen by the doctor if the rash is no better after 3 to 5 days or if the skin is broken or cracked, or has blisters or bleeding.

Use the following regimen below as directed:

As always, please contact me if you have any questions or concerns.

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