



Diapers Unlimited

DYDEE SERVICE

Helping to save the world, one baby at a time.

DIAPER RASH BASICS

All of the information compiled is from sources listed, along with our experience.

Sources used for this information:

- 1) Mayo Clinic - <http://www.mayoclinic.com/health/diaper-rash/DS00069>
- 2) Dr. Green - <http://www.drgreene.com/qa/treating-diaper-rash>
- 3) Family Doctor - <http://familydoctor.org/online/famdocen/home/children/parents/infants/051.html>
- 4) DermNet (New Zealand) - <http://www.dermnetnz.org/dermatitis/napkin-dermatitis.html>
- 5) Hockenberry, M.J. (2003) *Wong's Nursing Care of Infants and Children*. St. Louis, MO; Mosby, Inc.
- 6) Atherton, D.J. & Mills, K. (2004) What can be done to keep babies' skin healthy? *RCM Midwives Journal*, 7(7), p. 288-290.
- 7) Ask Dr. Sears - <http://www.askdrsears.com/html/11/T081400.asp>
- 8) Kids Health - http://kidshealth.org/parent/infections/fungal/diaper_rash.html

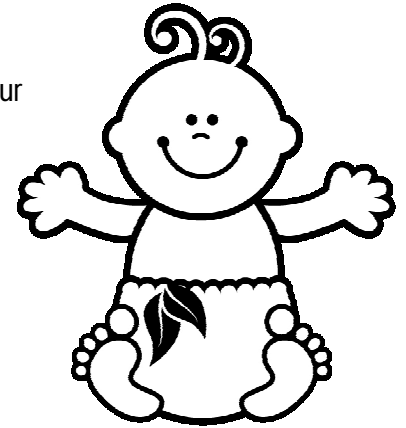
DIAPER RASH BASICS

Definition: Diaper rash is inflamed skin that appears as a patchwork of bright red skin on your baby. Can occur anytime a baby wears diapers, more common in first 15 months, most commonly occurs between 8-10 months of age. **There are two basic types of diaper rashes**, those related to diaper use and those not related to diaper use. You can't prevent all rashes, but you can prevent some.

When to go to the doctor: If your baby has signs and symptoms of a diaper rash that doesn't improve after a few days of treatment at home or anytime symptoms are severe or occur along with a fever.

PREVENT or MINIMIZE DIAPER RASH BY...

- ❑ Change diapers often (not matter what type you use). Bacteria starts to multiply after 20 minutes of exposure to your baby's skin.
- ❑ Clean your baby's bottom with warm water and a mild soap as part of each diaper change. This will remove enzymes, microorganisms and acidic residue. **NOTE: Soaps and wet wipes will sting if a rash is present; use a moisturizing non-greasy cream (if the condition is not eczema) or a bath oil instead.**
 - Gently wipe your baby from **front to back** (never wipe from back to front, especially on girls or you could spread bacteria into their genitalia). Don't forget to wipe the creases in the thighs and buttocks!
- ❑ Pat your baby dry with a clean towel (no scrubbing) or let them air dry prior to putting clean diaper on.
- ❑ Don't over tighten diapers (tight fitting diapers set up a moist environment)
- ❑ Give your baby's bottom more time without a diaper (drying the skin helps prevent some kinds of rashes)
- ❑ Wash cloth diapers carefully (fragrances and fabric softeners can cause some rashes).
- ❑ Consider using ointment regularly (use either a petroleum jelly or zinc oxide product) for their skin protection
- ❑ After diaper changes wash your hands well (to prevent the spread of bacteria or yeast to you, your baby, other children).



BUT IF YOUR BABY DEVELOPS A RASH ...

- Avoid any products that may trigger a further rash. Avoid using plastic pants or diapers with plastic edges.
- Wash your baby's bottom with water after each diaper change; AVOID soaps and wipes that contain alcohol or fragrances.
- Give your baby as much diaper-free time as possible so that their skin has a chance to dry and start healing.
- Change your baby more frequently than normal.
- Apply prescription creams according to directions. The doctor may have prescribed a topical steroid and/or antifungal cream. It should be applied once or twice a day. Do not apply it to normal skin. When the rash has cleared up completely, do not continue to apply the topical steroid. The anti-yeast preparation should be applied for a least a week more than it takes to clear the rash. Ask your doctor if you are not sure how, when and where to apply the cream(s).

Diaper Rash Types

TYPE	CAUSE	WHERE	RESPONDS TO
Friction Rash	Chafing or rubbing of diaper or cover against the skin continuously. Appears: as flat, red irritated skin, if severe skin will peel or blister	Inner thighs, or waist area, under elastic	Loosen diaper fit (allow some airflow). Frequent changes, airing, protective barriers
Irritant dermatitis	<ol style="list-style-type: none"> 1) Contact with stool or urine enzymes (may form ammonia that burns the skin) for prolonged period of time or baby has diarrhea. 2) Contact with irritants such as some brands of disposables, harsh soaps, laundry detergent, fabric softeners, baby wipes, or topical medicines, baby lotions, powder or oils. 3) Introduction of new foods (mother or baby's diet) can increase frequency and consistency of stool. (refer to **, ***) Appears: mild redness to painful areas that are raised, peeling or weeping	Exposed area (round part of buttocks), lower abdomen, genitals, and upper thighs; skin folds are not usually affected)	Evaluate what your baby has been exposed to and eliminate potential causes one-at-a-time.
Allergic reaction rash	Contact with irritants such as some brands of disposables, harsh soaps, baby wipes, detergents or topical medicines. Appears: Usually as a ring around the anus.	Usually appears at anus first	Evaluate what your baby has been exposed to: any citrus or tomatoes in the diet of mom or baby? Eliminate potential causes one-at-a-time.
Bacterial or Yeast Infection	<ol style="list-style-type: none"> 1) Simple skin infection that spreads to broken skin affects surrounding region (can occur if irritant dermatitis is not treated for more than a few days). 2) Antibiotics kill bacteria (both good & bad). Without good antibodies, your baby can contract a yeast infection. Appears: red, raised, patchy rash with sharp borders. Yeast type may appear as dark red areas with or without raised yellow, fluid-filled pustules that can rupture and flake	Starts in skin creases (between thigh and body, folds of skin around genitals), spreads to buttocks, thighs or genitals that are warm or moist.	Pediatrician can best instruct you - may write a prescription for anti-fungal cream or recommend over-the-counter

TYPE	CAUSE	WHERE	RESPONDS TO
Intertrigo (heat or enzyme rash)	Moist heat causes the rash; increased enzymes in stool causes burned skin. Appears: Heat and moistness from urine cause red, burn-like appearance.	Deep in the skin folds; if it's a stool burn it will be around the anus, if it's a urine burn it will be around the genitals. .	Warm bath, air dry, regular white petroleum ointment.
Impetigo	Occurs when bacteria invade damaged skin, IS CONTAGIOUS by scratching it and touching other parts of the body (from adult or child to baby). Appears: as coin size blisters or red raised patches that ooze a honey colored crust.	Face, neck, forearms, hands, diaper area	Prescription antibiotic ointments. Wash diaper area with antiseptic soap
Seborrheic dermatitis	An inflammatory condition, when present on the scalp it's know as "cradle cap" Appears: greasy rash with yellowish scales	In the skin folds	Hydrocortisone 1% cream, 2-3 times a day.
Psoriasis or	An autoimmune inflammatory skin disorder that causes a scaly rash that may be itchy (tends to run in families) Appears: small red spots (may be pustules) covered by silvery-white scale.	In the skin folds or on the genitals	Follow your pediatrician's orders
Rare diseases	Unless your Pediatrician tells you that your baby does not have a rash, you don't need to worry about this.		Follow your pediatrician's orders

** The interaction between fecal enzyme activity and IDD explains the observation that infant diet and diaper rash are linked; since fecal enzymes are in turn affected by diet. **Breast-fed babies, for example, have a lower incidence of diaper rash**, possibly because their stools have higher pH and lower enzymatic activity (source #5)

***Any time an infant's **diet undergoes a significant change** (i.e. from breast milk to formula or from milk to solids) there appears to be an increased likelihood of diaper rash (source#6).

Websites with Pictures that help you identify which rash your baby may have:

- 1) Desitin's website – sss.desitin.com/how-to-identify-diaper-rash
- 2) Dermatology Atlas - <http://dermatlas.med.jhmi.edu/derm/result.cfm?Diagnosis=104>

WHAT'S THE DIFFERENCE BETWEEN DIAPER OINTMENTS AND CREAMS?

- A. **Ointments create a barrier** over the skin and don't allow it to receive air. Examples: Hydrocortisone, Zinc oxide paste
- B. **Diaper creams – dry on the skin** and allow air through.

Dr. Sears' website provides the following information:

Diaper cream - use generous amounts of cream. Here are some suggestions:

- **Zinc oxide** - for the moderate rash.
- **Acid mantle** - this is a brand name sold in stores. It is outstanding for moderate diaper rashes. Can be used with zinc oxide over it.
- **Butt paste or Triple paste** - there are a variety of creams that a pharmacist can mix up for you that contain a variety of ingredients. These are good for severe rashes. One brand that is already mixed is called Triple Paste. Ask your pharmacist for some. It is non-prescription.
- **Clotrimazole anti-fungal cream** - for stubborn rashes, yeast may be involved. You can add this over-the-counter cream to help.
- **Hydrocortisone 1% cream** - you can put this over-the-counter cream on twice a day beneath any of the other creams to help with severe rashes. It will help with the inflammation. Don't use this for more than several days at a time as long-term use can damage the sensitive skin in the diaper area.
- **Soothe and heal by Lansinoh.** This pure lanolin ointment is excellent for soothing sore bottoms.
- **Mix your own** - if you can't get a prescription, try mixing these together in the palm of your hand, then apply to baby's bottom:
 - **Zinc oxide**
 - **White petroleum ointment**
 - **Acid mantle**
 - **Aluminum acetate** (Burrow's solution)
 - If you can't find Acid Mantle, then use Lansinoh (a lanolin ointment). It is available in the diaper cream section of drug stores.

Note: If you use a product with lanolin in it and your baby's rash worsens, immediately stop. Some babies are allergic to lanolin.