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*Information for You from Your Health Care Team*

**Diaper Rash**

Diaper rash is very common in the first few months of life. It is caused by skin contact with stool or wetness for a long period of time. 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. It is normal for newborns to stool several times a day so they often have a small amount of diaper rash. Keeping babies clean and dry is very important to prevent diaper rash from 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 or as soon as the child stools. Use a diaper cream once or twice a day to prevent rash from starting.

**How do you treat a diaper rash?**

Clean the skin with warm water or gentle bathing if the baby has a stool. Diaper wipes may be too irritating for their skin, especially if it is cracked. If the diaper is only wet, you may simply remove the diaper and add more cream without washing, especially if the skin is broken. Leave the diaper off for a few minutes to air dry the skin before putting on cream. It is best to use a diaper cream that contains zinc oxide, such as Balmex® or Desitin®, every time the diaper is changed. Barrier ointments such as petroleum jelly or A&D ointment® may be used, but are not as healing in the diaper area as zinc oxide. Barrier ointments are better used to prevent diaper rash from starting.

**What if the rash is getting worse?**

If the rash is getting worse even though you are changing often and using cream, call your doctor. Sometimes it may be caused by yeast or other skin infections. Bring the baby to the doctor to be checked if the rash is no better within 4 to 5 days or you notice blisters or bleeding.

Today your doctor recommends: \_\_\_\_\_