



Diaper Rash

Patient and Family Education

This teaching sheet contains general information only. Your child's doctor or a member of your child's health care team will talk with you about specific care for your child.

What is diaper rash?

Diaper rash is a skin irritation in the diaper area. It is also called diaper dermatitis. It may be due to urine or bowel movements or a reaction to the diaper itself.

Candida dermatitis (yeast diaper rash) is a diaper area infection caused by the yeast *Candida albicans*.

Your child's chance of getting a yeast infection may increase with:

- Antibiotic therapy (medicines used to treat infections)
- Frequent bowel movements
- Thrush (a yeast infection in the mouth)
- Other forms of skin irritation

What are the possible symptoms?

Your child may have one or more of these:

- Skin redness and rawness
- Fussiness and discomfort when the diaper is wet or soiled
- Diaper rash surrounded by red dots (yeast diaper rash)

What is the treatment?

Some general guidelines to follow at home include:

- Change your child's diaper often and clean the diaper area well. Gently wipe it clean using a non-allergenic soap and water or mineral oil with cotton balls. Avoid rubbing the area.
- Do not use:
 - Baby wipes
 - Cornstarch or talc products
 - Rubber pants
- If your child has had the diaper rash for less than 24 hours, apply a hydrocortisone cream to the rash area. Use it 1-2 times for the first day only.
- If your child has had the diaper rash for more than 24 hours, apply an antifungal cream such as clotrimazole. You can use this medicine for 3-4 days. You can find it in the athlete's foot section of your local drug store.
- If your child is also having loose stools, apply a barrier cream such as zinc oxide, Desitin, Triple Paste or Aquaphor.
- Let the diaper area get air whenever possible.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Diaper Rash, continued

What can I do to help prevent a diaper rash?

- Change your child's diaper as soon as possible after he wets or has a bowel movement.
- Gently wash and dry your child's bottom and all skin folds with each diaper change.

When should I call the doctor?

Call your child's doctor if:

- The rash becomes worse or if blisters, swelling or pustules appear.
- The area becomes hard or tender.
- A smooth red area or streaking moving away from the diaper area appears.
- The rash does not begin to improve in 3 or 4 days. Your child has a fever over 100.3°F.

Also call your child's doctor if you have any concerns about how your child looks or feels.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.