



Diaper Rash

(Diaper Dermatitis, Candida Dermatitis)

Patient and Family Education

What is diaper rash?

Diaper rash is a skin irritation in the diaper area. Diaper dermatitis is skin irritation from 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*.

Conditions that increase your child's risk of getting a yeast infection include:

- Antibiotic therapy
- Frequent stools (bowel movements)
- Thrush
- Other forms of skin irritation

What are the possible symptoms?

Your child may have one or more of the following symptoms:

- 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:

- If your child has had the diaper rash for less than 24 hours, apply a hydrocortisone cream to the area. If your child is also having loose stools, apply a barrier cream such as desitin® or aquaphor®.
- If your child has had the diaper rash for more than 24 hours, apply an antifungal cream such as clotrimazole® (it can be found in the athlete's foot section).
- Let the diaper area get air whenever possible.
- Change your child's diaper often and clean the diaper area well. Use a washcloth and mild soap and water, not baby wipes.
- Do not use cornstarch products.
- Do not use rubber pants.

What do I need to do to 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

When do I need to call the doctor?

Call your child's doctor if:

- The rash becomes worse or if blisters or pustules appear.
- The rash does not begin to improve in three or four days.
- A smooth red area moving away from the diaper area appears.
- He has a fever over 100.3°F.

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

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404-250-KIDS.