



RASH (DIAPER)

Red, spotty, moist, sore skin in the diaper area

CAUSES

SKIN SENSITIVITY

Diaper rash is a common condition in infants that can be avoided. It is caused by some irritants in the baby's clothing or cleaning products. Bacteria in the infant's urine and feces may cause redness and soreness in the infant's buttocks, genitals, groin and inner thighs.

Symptoms:

- Rough, red patches on the baby's diaper area

DO:

- Keep the diaper area dry.
- Use absorbent, disposable diapers and change them often.
- Expose the infant's diaper area to air by leaving the diaper off during a nap while laying the baby on a waterproof sheet like rubber covered by soft towels or clean cloth diapers.
- Make sure baby wipes are free from alcohol as this substance may irritate the sensitive skin of babies.
- Use mild, unperfumed soap.
- After every bowel movement, soak baby's genitals in a small tub of lukewarm water and dry thoroughly but gently.
- Babies who have had several bouts with diarrhea are prone to having diaper rash on the anal area. Apply a thin layer of over-the-counter, petroleum or zinc-based ointment or cream.
- To help keep diaper area dry, dust baby powder on the area after every change.

DON'T:

- Don't use harsh fabric softeners on cloth diapers. The strong chemical substances in softeners may irritate baby's sensitive skin.

INFECTIONS

Diaper rash may also be caused by fungal or bacterial infections. This type of diaper rash may require medical attention especially if it worsens, or persists without improvement for more than a week.

Symptoms:

- Bright red patches that appear scalded accompanied by large, fluid-filled pimples



Use gentle absorbent diapers to protect your baby against diaper rash.

DO:

- Use over-the-counter anti-fungal creams to treat this condition.

DON'T:

- Don't use cornstarch-based powder because it promotes the growth of fungal organisms.

OTHER CAUSES

Allergies to certain types of food, detergents, clothing or baby wipes may also cause diaper rash.