

## Diaper Rash Tips

Christopher Bassett, MD  
Cowles Clinic Pediatrics (706) 454-1210

Diaper rashes occur when baby skin is exposed to moisture and friction. Most diaper rashes will go away if the diaper area is kept dry and the diaper is changed more frequently. If your baby's diaper rash doesn't go away quickly, try these steps.

- Make sure to change the diaper as soon as it is wet or stinky.
- Use only non-scented, alcohol-free baby wipes. Even better, use a wet paper towel to wipe your baby's bum and pat dry.
- Be sure to clean your baby's bum daily in the bath, but don't let soap sit on the bum too long.
- Barrier creams are useful for protecting a baby's skin from rashes. These creams are called barriers because they are supposed to act as a barrier between the baby's skin and the baby's urine/poop.
- Barrier creams do not heal the skin so much as they protect the skin from further irritation. The best way to use them is to put on a THICK amount of cream with every diaper change. When poop happens, wipe off the poop and the top layer of cream – the bum does not have to be spotless. Then apply more cream to the skin. The idea is to keep poop and urine off your baby's skin until the skin can heal itself.
- Loosen or leave off the diaper as much as possible to cut down on friction.
- Diarrhea can be very acidic and "burn" the skin. First apply some Maalox (yes, the liquid heartburn medicine) to the rash. Let it dry, then apply a thick amount of barrier cream on top. Do this every diaper change until the diarrhea resolves.
- Our favorite barrier creams are Desitin, Boudreaux's Butt Paste, and Burt's Bees Diaper Ointment. Desitin is certainly the least expensive and works just as well.

### When to call Dr. Bassett:

- If there is bleeding from the skin or severe pain on diaper changing
- If the rash is not confined to the diaper area
- If the diaper rash doesn't improve in a few days, there may be an infection present. Call our office for further instructions.