

Diaper Rash Care

Diaper rashes are common, and often come and go over time. They are usually due to irritation of the skin, and less often due to a yeast infection or a local allergic reaction .

Important aspects of helping a diaper rash are avoiding moisture and avoiding friction.

- Change diaper frequently (every 2-3 hours when awake)
- **Let skin breathe** – do “diaper-free time” for 10-15 minutes twice a day
- **Wiping**
 - No need to use a wipe for just a pee diaper
 - Consider using water wipes or a wet washcloth
 - If very irritated and raw, cleanse skin with a water bottle and pat dry instead of wiping
- **Diaper creams:**
 - Pat dry or air dry before applying cream with each diaper change
 - Do not scrape off diaper cream that is still on the skin from last diaper change – just rinse off any poop
 - Some options
 - Petroleum jelly-based: A+D, Aquaphor
 - Zinc oxide is thick and can help skin heal: blue Desitin, A+D with zinc oxide, Butt Paste, Sensicare Protective Barrier
 - Thickest creams: purple Desitin, purple Aquaphor, Calmoseptine
- **Bath-time**
 - Clean diaper area with a gentle, fragrance-free soap

If rash is still not improving, call us at (970) 619-8139 and we may ask you to send a photo or bring your baby in to the office to see if a more specific treatment is needed.