

## Diaper Rash

Your child has been diagnosed or suspected to have Diaper Rash and may have any of the following symptoms:

- Mild rashes just have areas of pink dry skin.
- Severe rashes have areas of red skin. In some areas, the skin may become raw or even bleed.
- Yeast infections are bright red. The borders are very sharp. Small red bumps or even pimples may occur just beyond the border. Yeast rashes usually cover large areas.
- Pink rashes are not painful, but raw ones can be very painful. This can lead to crying and poor sleep.

### Causes

- Irritant Diaper Rash. Mild rashes can be caused by the drying effect of soaps.
- Stool Diaper Rash. Stool left on the skin can be very irritating because it contains bacteria. Urine alone has no germs in it and usually doesn't irritate the skin. Stool-related rash is common on the scrotum or anywhere that stool can hide. Small ulcers around the anus are usually from prolonged stool contact.
- Ammonia Diaper Rash. Stool and urine left in diaper too long can combine to make ammonia. It can cause a mild chemical burn. The fumes when you change the diaper will smell like ammonia. This is more common with cloth diapers.
- Diarrhea Diaper Rash. Rashes just found around the anus are common during bouts of diarrhea. Diarrhea stools also contain enzymes that digest food and irritate the skin.

### Care & Treatment

- Apply barrier cream with each diaper change
- Calmoseptine or Zinc Oxide available OTC
- Allow to keep open to air when available
- Avoid use of baby wipes, use soft cloth or gauze with water

### Prevention

- Change diapers more often. Especially try to prevent skin contact with stool.
- Rinse the baby's skin with lots of warm water when cleaning off stool. Don't depend on diaper wipes alone.
- Be sure to clean stool off all the skin folds. Cleaning the scrotum can be a challenge.

### When to Call

#### Continue Self-Care at Home

- Mild Diaper Rash

#### Call Office to be Seen Within 24-72 Hours

- Rash is very raw or bleeds

- Has spread beyond the diaper area
- Rash is not improved after 3 days of treatment

#### Call Office to be Seen Urgently

- Large red area with a fever
- 1 month with tiny water blisters or pimples (like chickenpox) in a cluster
- 1 month and infection suspected (open sores, yellow crusts)

#### Go to ER now

- Age < 12 weeks with fever 100.4 F (38.0 C) or higher by any route (rectal reading preferred)