Diaper Rash

Babies sometimes get a red, blotchy rash when a wet or dirty diaper makes their skin sore. The rash hurts any time the diaper is wet or dirty.

**You can keep your baby from getting diaper rash by following some simple steps:**

1. Change your baby’s diaper as soon as it is wet or dirty.
2. Each time your baby wets, clean the parts of your baby's skin the diaper covers with warm water and pat the skin dry.
3. Each time your baby dirties the diaper, clean his bottom with mild soap and water, and pat the skin dry.
4. Apply a thin layer of greasy ointment, such as A and D® Ointment, Vaseline®, or Desitin®, to protect the skin.

**If your baby gets a diaper rash, follow these steps:**

1. Clean your baby’s skin whenever his diaper is wet or dirty. Follow steps 1, 2 and 3 above.
2. Avoid using diaper wipes when your baby has a rash. Use clear water in a sink, bathtub, or on a washcloth.
3. Leave the diaper off as much as possible. Let your baby play on his stomach without a diaper.
4. During your baby’s nap leave his diaper off. Put a diaper under him.
5. Use cloth diapers until the rash disappears or change disposable diapers at least every 2 hours. Plastic pants and disposable diapers hold the warm, wet urine close to the skin. This makes the rash worse.
6. Some children may need medicine to heal the rash. Your baby's doctor will order medicine if needed and tell you how to put the medicine on your baby.

**Your doctor has ordered __________________ to be applied __________________.**

**If you have questions or concerns, call your baby’s health care provider or the Children’s Mercy Hospital Information Line at (816) 234-3188.**