

What is diaper rash?

Diaper rash can be any rash that develops inside the diaper area. In mild cases, the skin might be red. In more severe cases, there may be painful open sores. You will usually see a rash around the abdomen, genitalia, and inside the skin folds of the thighs and buttocks. Mild cases clear up within 3 to 4 days without any treatment. If a rash persists or develops again after treatment, consult your pediatrician.

What causes diaper rash?

Diaper rash can be caused by any of the following:

- Too much moisture
- Chafing or rubbing
- Prolonged contact of the skin with urine, stool, or both
- Yeast infection
- Bacterial infection
- Allergic reaction to diaper material

When skin stays wet for too long, the layers that protect it start to break down.

When wet skin is rubbed, it also damages more easily. Moisture from a soiled diaper can harm your baby's skin and make it more prone to chafing.

When this happens, a diaper rash may develop.

More than half of babies between 4 months and 15 months of age develop diaper rash at least once in a 2 month period. Diaper rash occurs more often in the following instances:

- As infants get older mostly between 8 to 10 months of age
- If babies are not kept clean and dry
- In babies who have frequent stools, especially when the stools stay in their diapers overnight
- When babies begin to eat solid foods
- When babies are taking antibiotics, or in nursing babies whose mothers are taking antibiotics

If you see these symptoms, you may wish to consult with your pediatrician.

What can I do to prevent diaper rash?

To help prevent diaper rash from developing, you should:

- Change the diaper promptly after your child wets or has a bowel movement. This limits moisture on the skin.
- Do not put the diaper on airtight, especially overnight. Keep the diaper loose so that the wet and soiled parts do not rub against the skin as much.
- Gently clean the diaper area with water. You do not need to use soap with every diaper change or after every bowel movement. (Breastfed infants may stool as many as 8 times a day.) Use soap only when the stool does not come off easily.
- Do not use talcum or baby powder because they could cause breathing problems in your infant.
- Avoid over-cleansing with wipes that can dry out the skin. The alcohol or perfume in these products may irritate some babies' skin.

What can I do if my baby gets diaper rash?

If diaper rash develops despite your best efforts to prevent it, try the following:

- Change wet or soiled diapers often.
- Use clear water to cleanse the diaper area with each diaper change.
- Using water in a squirt bottle lets you clean and rinse without rubbing.
- Pat dry; do not rub. Allow the area to air dry fully.
- Apply a thick layer of protective ointment or cream (such as one that contains zinc oxide or petrolatum) to form a protective coating on the skin.

Call your pediatrician if the rash:

- Has blisters or pus-filled sores
- Does not so away within 48 to 72 hours
- Gets worse

Use creams with steroids only if your pediatrician recommends them. They are rarely needed and may be harmful.

Diaper rash is usually not serious, but it can cause your child discomfort. Follow the steps listed above to help prevent and treat diaper rash.

Remember never leave your baby alone on the changing table or on any other surface above the floor. Even a newborn can make a sudden turn and fall to the floor.



Diaper Rash

For any questions or clarification please call your pediatrician or pediatric clinic at 01/372888 ext.:6600-6608 or Emergency department ext.:1900-1911

Contact info:
+961 1 364283
ext: 6600-6608

What you need to know

cmc.com.lb      1240



Organization accredited by the
Joint Commission International