

Diaper Rash

Diaper rash is a common problem. It is usually caused by irritation from wet diapers on the baby.

■ To Reduce Diaper Rash Problems:

- Change your baby's diapers often, even during the night.
- Wash the skin under the diaper often with mildly warm water, and pat dry.
(Do NOT use *baby wipes* to wash the skin under the diaper.)
- Leave your baby's diaper off, or loosen it, as often as possible.
- Rub an ointment into your baby's skin to help prevent the rash. You can use A&D®, Desitin®, Vaseline®, or zinc oxide, all of which can be bought without a doctor's prescription.
- Do NOT dress your baby in tight-fitting clothing, or clothing made from plastic or rubber.
- If you use a disposable diaper, it is sometimes helpful to change to a different brand.

■ Washing Your Baby's Diapers

- If you use cloth diapers, wash them in a mild detergent, then rinse them twice.
- Do NOT use fabric softeners.
- If you use a diaper service, ask them to make their rinse water *less acid*.

Contact the doctor if:

- Blisters, pus, or yellow crusts appear on your baby's skin.
- Your baby's rash does not go away after 1 week.
- The rash spreads beyond the skin under the diaper.

Kaiser Permanente does not endorse any brand names; any similar products may be used.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If your child has persistent health problems or if you have further questions, please consult your health care provider.

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