



Diaper Rash



Definition:

- Any rash on the skin covered by a diaper
- Limited to diaper-wearing age group (typically birth to 3 years)

Go to the ED now if:

- Newborn to 12 weeks of age with fever > 100.4
- Newborn < 4 weeks starts to look or act abnormal in any way
- Bright red skin that peels off in sheets
- Large red area with a fever
- Newborn (< 1 month) with tiny water blisters or pimples (like chickenpox) in a cluster
- Newborn (< 1 month) and infection suspected (red streak, yellow crusts)

See today in the office if:

- Pimples, blisters, open weeping sores, boils, yellow crusts, red streaks
- Parent wants child seen

See within 3 days in office if:

- Rash is very raw or bleeds
- Has spread beyond the diaper area
- Rash is not improved after days of treatment for yeast

Home Care:

- **Change frequently**
- **Rinse with warm water** during each diaper change
- **Increase air exposure:** expose the bottom to air as much as possible. Attach the diaper loosely at the waist to help with air circulation. When napping, take the diaper off and lay your child on a towel.
- **Anti-yeast cream:** if the rash is bright red and does not respond to 3 days of warm water cleansing and air exposure, suspect a yeast infection. Apply Lotrimin cream (no prescription needed) 3 times per day.



- **Raw skin:** if the bottom is very raw, soak in warm water for 10 minutes 3 times per day. Add 2 tablespoons (30ml) of baking soda to the tub of water. Then apply Lotrimin cream.
- **Sore or scab on end of the penis:** apply an antibiotic ointment 3 times per day
- **Diaper rash:** if your child has diarrhea and a severe rash around the anus, use a protective ointment (barrier ointment) such as petroleum jelly, A&D, or Desitin. Otherwise these are not needed. **CAUTION:** wash off the skin before applying.

Expected Course:

With proper treatment these rashes are usually better in 3 days. If they do not respond, a yeast infection has probably occurred.

Call and make a same day appointment if:

- Rash isn't much better in 3 days on treatment for yeast
- Your child becomes worse