

Nappy Rash

Severity

Complexity

Duration

Description

Prolonged exposure of the skin to a wet or dirty nappy and/or contact with other irritants (such as scented nappy wipes) are the main causes of nappy rash. The irritation, constant moisture and rubbing causes damage to the skin.

Typical Symptoms

Most babies get nappy rash at some stage no matter how much care they receive. In some cases babies are more prone to nappy rash when they have a cold or virus. Things to look for include:

- The skin in the nappy area generally looks red and raw and can be spotty in appearance
- The area can be sore or itchy when the area is wiped
- The rash can spread onto the baby's tummy and buttocks
- Your baby may be unsettled or irritable

Seek further Medical help

If your baby's nappy rash hasn't cleared up in about a week, this could be due to a fungal infection being present or misdiagnoses.

In some cases, an antifungal cream or hydrocortisone cream might also be necessary and your Doctor, Pharmacist or childhood Nurse can help you determine if this treatment is necessary.

Treatment

To treat and/or prevent nappy rash there are three important steps: Clean, Dry and Protect.

Keeping your baby as **Clean** as possible

- Change your baby's nappy frequently, reducing the time urine or faeces are in contact with the skin – make sure you check the nappy frequently
- Use disposable nappies, if possible, as these absorb urine better than fabric nappies and help keep the skin drier
- Use a gentle baby wipe that is designed for sensitive skin or use a soft wash cloth with warm water. Try as much as possible to dab the affected areas rather than wipe to help reduce irritation.

Getting your baby **Dry**

- After cleaning your baby gently pat the area dry and again no wiping or rubbing
- If you have time it is also best to allow your baby as much time as possible without a nappy on and before you apply any treatments

Protecting your baby's skin

- Apply a barrier cream with each nappy change to help protect the skin from moisture and rubbing
- In some cases an antifungal cream or hydrocortisone cream might be needed - your Doctor, Pharmacist or child Nurse can help advise.



Warning - Always read the label. Use only as directed. Incorrect use can be harmful. Contact your doctor or healthcare professional if pain or symptoms persist. Vitamin supplements may only be of assistance if dietary intake is inadequate. Health information is general in nature and you must seek appropriate medical advice for your personal condition.

MORE INFO?
Contact our Pharmacists
Richard or Sam NOW

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