

Diaper rash

How to avoid and care for diaper rash

- Wash your hands before and after changing your child's diaper.
- Change your child's diaper often.
- Avoid diaper wipes. They can irritate the skin.
- Wash your child's bottom with warm water and mild soap after each bowel movement, or at least two to three times a day. Dry well.
- You may use ointments or creams with zinc oxide on your child's buttocks after washing them. These products are available over the counter.
- Expose your child's bottom to air for 10 minutes several times a day.
- If you are using cloth diapers, avoid using rubber plastic pants. Instead, use newer types of pants that "breathe."



- If you are using disposable diapers, try changing brands or switch to cloth diapers. Some disposable diapers have powders in them that can cause diaper rash.
- Add 1/2 cup vinegar to water in diaper pail and soak cloth diapers in this solution. Rinse once before washing.
- For washing cloth diapers, use mild soap rather than strong soap or detergent. Use only the amount specified. Rinse two or three times.
- See your doctor about any diaper rash that does not clear up after you have followed all the above instructions or if you are concerned that your child might have anything other than diaper rash.