

1. What is diaper rash :

When there is redness, abrasion or rashes on the external genitalia, buttocks and perianal area which may worsen and lead to blisters or ulcerations.

2. Causes :

a. Friction: Most diaper rash is caused by friction that develops when sensitive baby skin is rubbed by wet diapers. This results in a red, shiny rash on exposed areas.

b. Irritation: The skin under the diaper gets red from irritants such as feces, urine, or cleaning agents. Irritation can be caused by the diaper or by the acid in urine and bowel movements. This rash appears red in the area where the diaper has rubbed and is normally not seen in the folds of the skin.

c. Candidal infection: The rash of a candidal infection, also known as fungal or yeast infection, usually has a bright, beefy red appearance and is

very common after the use of antibiotics.

d. Allergic reaction: The rash may be a reaction to diaper wipes, diapers, laundry detergent, soap, lotion, or the elastic in plastic pants.

3. Nursing advised and guide:

a. Change diaper frequently and choose the right size and breathable diaper.

b. Change diaper immediately when baby diaper is soil with urine and feces.

c. Use luke warm water for cleaning and tap dry.

d. Don't use powder for drying diaper because it will lead to more irritation in long duration.

e. Don't use fragrant or alcohol content wet wipes.

f. Expose the buttocks 1-3 times per day for about 5-10 minutes.

g. Your doctor may recommend a short course of mild topical steroid cream /

ointment or you may use Vaseline cream temporarily to prevent the rashes to get worse.



(Picture taken from the Internet)



DIAPER RASH AND HOW TO CARE

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