

## TREATING AND PREVENTING DIAPER RASH

1. Kids don't get diaper rash if they're not in diapers. **Keep them out of diapers** as much as possible, especially when diaper rash flares. Put a washable cloth or blanket down in the bottom of a play pen and let your infant remain bare-bottomed as much as possible.
2. Kids don't get diaper rash if they stay dry. **Change diapers frequently**. Urine and stool contact with skin promote rash formation. The more absorbent synthetic diapers seem to keep moisture away from the skin better than cloth diapers. Rarely, children are sensitive to some of the synthetic components.
3. Though powders and corn meal starch may help a child with normal skin smell clean and fresh they also promote the development of diaper rash. **Don't use powders or corn meal starch** if diaper rash is a problem.
4. If diaper rash persists, **creams for treatment are now available without prescription**. Two types of cream are needed -- one is an anti-fungal that kills yeast and one is a mild corticosteroid that reduces redness and inflammation. Examples of the anti-fungal are miconazole nitrate (*Monistat, Micatin*) and another is clotrimazole (*Gyne-Lotrimin, Lotrimin AF*). The corticosteroid is hydrocortisone 1/2% or 1% (*CortAid Cream*). Generics are acceptable. Only a small amount of these medicated creams is needed. Apply a small amount of **one** cream to the involved areas with each diaper change alternating with the other cream at the next diaper change. Each time, you may apply petrolatum jelly (plain *Vaseline* or *A & D Ointment*) over the entire diaper area. Continue to follow the rules above.
5. If you have continuing problems with diaper rash, bring your child in for an office visit so that we may examine the skin.