

NAPPY RASH

Most babies develop nappy rash at some stage. The skin on and around your baby's bottom becomes swollen, has red patches or the whole area may be red. Their skin may look sore and feel hot, and may have spots or blisters.



Babies get nappy rash if their skin is in contact with wee or poo for a long time, or their nappy has rubbed against their skin, or their nappy hasn't been changed often enough. Soaps, detergents, bubble bath and alcohol-based baby wipes can cause nappy rash. It can also develop if your baby has recently taken antibiotics. Some babies get nappy rash when they are teething. This could be because they have more saliva in their poo when they teethe. The changed poo may be more likely to irritate their skin.

Candida (a yeast) can infect the swollen, red skin on your baby's bottom and make it worse. A bacterial infection can also make the rash more red and sore.

How can I treat nappy rash?

Nappy rash is often mild and doesn't make your baby feel uncomfortable. It usually gets better after about 3 days if you look after your baby's skin (see section 'What else can help?').

You can use a barrier cream or ointment like **Metanium®** or **zinc and castor oil cream**. These can help by stopping your baby's skin from coming into contact with wee and poo. Every time you change your baby's nappy, you should spread a thin layer of the cream onto their clean bottom.

If your baby is older than 1 month and the rash causes them discomfort, your pharmacist may advise you to use **hydrocortisone 0.5% cream**. This may ease the swelling. Spread a thin layer of the hydrocortisone cream on your baby's cleaned bottom once a day and leave it for a few minutes before putting on a barrier cream, as usual. Don't use the hydrocortisone cream for longer than 7 days.

If you have used hydrocortisone cream and your baby still has nappy rash, their skin may be infected by Candida. Ask your pharmacist about using **clotrimazole 1% cream** to treat the infection. Spread the clotrimazole 1% cream on the rash 2 to 3 times a day until the rash has gone, and then keep using it for another 2 weeks to stop the infection coming back. Don't use a barrier cream while you're using the clotrimazole cream.

What else can help?

Look after your baby's skin:

- change wet or dirty nappies as soon as possible
- clean your baby's bottom gently but thoroughly, wiping from front to back
- use water or fragrance-free and alcohol-free baby wipes
- leave their nappy off for as long as possible when changing it
- use very absorbent nappies that soak up a lot of wee
- bath your baby every day, but not more than twice a day
- dry your baby gently after washing them, pat their bottom dry and don't use talcum powder
- don't use soap, bubble bath or lotions in their bath.

Do I need to see my doctor?

Tell your health visitor or baby clinic if you think the skin on your baby's bottom is infected or the treatment you have tried is not working or the skin is looking worse.

See your doctor if:

- your baby has a temperature of 38°C or above if they are under 3 months old, or a temperature of 39°C or above if they are 3 to 6 months old
- your baby seems unwell
- the skin on your baby's bottom is very swollen and sore.

Where can I find further information?

NHS Direct Wales: www.nhsdirect.wales.nhs.uk

NHS Direct Wales Tel: 0845 4647 (open 24 hours a day, 7 days a week)

Calls from landlines and mobiles cost 2p per minute, in addition to telephone providers access charge.