



Ticket to Healthy Living

DIAPER RASH



Texas
Children's
Health Plan is
your family's
ticket to
health care.



What is diaper rash?

- Diaper rash leaves red spots on your baby's bottom or private areas.
- Most babies will get diaper rash and it is usually caused by wet diapers.

Signs you might see

- Red skin.
- Skin is very sensitive.
- The red skin can be on the private areas, bottom, thighs, belly or back.

What to do

- Change your baby's diaper as soon as it gets wet because the urine (pee) makes the rash worse and hurts your baby's skin.
- Don't use plastic pants because they will keep the skin wet.
- Clean your baby's bottom every time you change her diaper. Use warm water and a washcloth - baby wipes can burn a baby's skin.
- Keep the diaper off as long as you can - at least 15 minutes after each diaper change.
- You can put a zinc oxide ointment (Desitin) on the red area.

When to call your doctor

- The rash area isn't better in three days.
- The rash area is not in the diaper area.
- The baby gets sick.
- The rash area becomes infected.

More information

- Don't use powders because they could make the rash worse.
- Your baby might be allergic to the brand of diapers you are using, so try using another brand.

