

# Nappy Rash

## What is it?

Nappy rash is any rash affecting the skin covered by a nappy. It is usually red and raw and often sore and itchy, which can make babies unsettled.

Nappy rash is due to irritation from wet and dirty nappies, which leads to skin breakdown. Wipes and washes used to clean the skin can sometimes cause more irritation. The rash can allow germs to enter the skin, causing infection and making the rash worse.



## How can we prevent it?

- ✓ Change nappies as soon as the nappy is wet or dirty.
- ✓ Use disposable nappies – they are more absorbent and keep the skin under the nappy dry.
- ✓ When cleaning the nappy area, gently wipe the skin. It is best to use a soft cloth with plain water. If using packaged wipes, choose water wipes or fragrance-free baby wipes.
- ✓ Apply a thick layer of barrier cream after every nappy change, such as Sudocrem® or Bepanthen®. During nappy changes you do not need to completely remove the cream.
- ✓ A daily short bath in lukewarm water helps to prevent skin breakdown. Use only gentle, fragrance-free cleansers in the bath.
- ✗ Avoid bubble baths, soap and shower gel.



## How can we treat it?

- ✓ Continue with all of the steps mentioned above.
- ✓ It can also help to give your baby/toddler some nappy-free time.
- ✓ Sometimes a prescription cream is needed to treat infection or inflammation.

**You have been prescribed:**

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## Your skin care plan:

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## Want more information?

[dermnetnz.org](http://dermnetnz.org)  
[dermcoll.edu.au/a-to-z-of-skin](http://dermcoll.edu.au/a-to-z-of-skin)

This factsheet was developed as part of the Koolungar Moorditj Healthy Skin Project.