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Nappy Rash

A common ailment for babies, is nappy rash, a type of dermatitis occurring in the area covered by the nappy, where baby develops a sore, red rash. This can cause a lot of discomfort and should be treated straight away.

Some babies get nappy rash on a regular basis from a young age, while some will not get it at all. There may be no definite cause for nappy rash and it can appear when you least expect it.

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What causes nappy rash?

There are several things that can contribute to your baby developing a nappy rash:

- Babies with sensitive skin tend to be more prone to nappy rash.
- Ammonia present in your baby's urine particularly when a baby's skin has been in contact with a wet nappy for too long.
- Faeces, especially if your baby has had diarrhoea. Candida Albicans or thrush can also be present in faeces. Thrush infections thrive on moist and warm skin areas.
- Friction between the nappy and your baby's skin.
- Scented soap products or wipes with an alcohol base.

How do I know my baby has nappy rash?

Look for red, sore and possibly swollen skin. Sometimes just a small part of the skin is affected while in other cases the whole area is irritated.

Clearing up nappy rash

To assist in clearing up your baby's nappy rash, it's helpful to:

- Use a good quality disposable nappy to ensure the skin remains dry between regular nappy changes.

- If you are using cloth nappies, wash and wring them thoroughly and if you can, dry them in the tumble dryer which will make them softer
- Change your baby's nappy more often. This avoids leaving baby in a wet or soiled nappy for extended periods.
- Clean your baby's nappy area very gently using warm water and a soft cloth/cotton wool or chemical free non- perfumed wipes.
- Avoid using plastic pants where infection can thrive.
- Some parents like to use a cream to form a barrier at each nappy change to keep moisture from your baby's bottom, e.g. a zinc cream. Your pharmacist will be able to advise you on the best barrier cream to use.
- Give your baby some nappy free time each day. This gives the skin time to fully dry out.
- Avoid using powders as this can be a breathing hazard to your baby and will not assist with clearing up your baby's nappy rash.

If the rash won't go away

If the rash persists for more than a couple of days, there is likely to be an underlying fungal or bacterial infection. Thrush is a fungal infection that thrives in moist warm areas and it will need to be treated with an antifungal cream. Your pharmacist or doctor can provide you with advice.

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Pain Relief

If your baby is clearly in pain as a result of the rash or the rash Is not responding to treatment, check with your pharmacist or doctor as to what form of pain relief is best.

Give your baby lots of cuddles during this time.

Things my baby and I like doing together.

e.g. Going for afternoon walks, pointing to things in the backyard.

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Our friendly team at Tresillian are here to support your family!

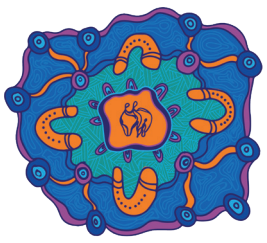
Book a visit to Tresillian:

Visit **tresillian.org.au,** fill in the short online contact form and one of our Nurses will call you back

Ask your local Health Professional, Child & Family Health Nurse, GP or early parenting support service to refer you and your child

Tresillian Parent's Help Line
FREECALL 1300 272 736

In Tasmania
FREECALL 1300 827 282
1300 TAS BUB



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander People as the First Peoples of Australia, the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and TAS. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present and acknowledge all Aboriginal and Torres Strait Islander people living in the communities we serve.

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