

Title: What is diaper dermatitis?

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Abstract: Diaper dermatitis is a common dermatological complaint in the pediatric population. Although relatively benign, it is a frequent occurrence, which results in irritation to the child and inconvenience to the parent or caregiver. It is therefore important for patients to understand what diaper dermatitis is, what it looks like, how it can be treated, and what steps can be taken to prevent its occurrence.

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# DOES MY CHILD HAVE DIAPER DERMATITIS?

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## WHAT IS IT?

DIAPER DERMATITIS, OTHERWISE KNOWN AS "DIAPER RASH", IS A VERY COMMON SKIN CONDITION THAT OCCURS IN INFANTS AND YOUNG CHILDREN.

DIAPER DERMATITIS OCCURS IN THE REGION AROUND THE DIAPER- THE GROIN, LOWER STOMACH, UPPER THIGHS, AND BUTTOCKS. IT STARTS WITH SKIN BECOMING IRRITATED FROM MOISTURE. THIS MOISTURE IS FROM URINE AND STOOLS INSIDE THE DIAPER. THE SKIN BECOMES IRRITATED AND RED, WHICH ALLOWS BACTERIA AND YEAST TO GROW, MAKING THE SKIN MORE RED AND IRRITATED.



<http://www.jupiterimages.com>

## WHAT DOES IT LOOK LIKE?

THE SKIN IN THE DIAPER AREA WILL BE RED, PUFFY, AND WARM. YOUR CHILD MAY BE MORE FUSSY THAN TYPICAL, ESPECIALLY WHEN THE SKIN IS WASHED OR TOUCHED.

DIAPER DERMATITIS CAN LOOK SCARY THE FIRST TIME YOU SEE IT. IT IS IMPORTANT TO REMEMBER THAT THIS IS A COMMON CONDITION THAT IS EASILY TREATED.

## WHAT CAN I DO ABOUT IT?

-DIAPER RASH IS ONE OF THE MOST COMMON REASONS FOR A CALL TO YOUR PEDIATRICIAN, BUT THERE ARE A FEW THINGS YOU CAN TRY AT HOME FIRST.

-IF A RASH DOES DEVELOP, YOU MAY CLEANSE THE AREA WITH WATER AND SOFT CLOTHS RATHER THAN BABY WIPES, WHICH ARE IRRITATING TO THE SKIN.

-EXPOSING THE SKIN TO AIR (WITHOUT A DIAPER) CAN ALSO HELP THE DERMATITIS CLEAR UP.

-IT MAY TAKE A FEW DAYS OF HOME TREATMENT TO CLEAR THE DIAPER RASH.

-IF YOUR CHILD HAS A FEVER, BLISTERS, PUS, OR THE DIAPER RASH IS NOT GETTING BETTER WITH HOME TREATMENT,

CALL YOUR PEDIATRICIAN. SOMETIMES BACTERIA OR YEAST CAN INFECT THE DIAPER REGION. WHEN THIS HAPPENS, A PEDIATRICIAN SHOULD SEE YOUR CHILD. HE OR SHE MAY PRESCRIBE AN OINTMENT FOR YOUR CHILD.

## HOW DO I PREVENT IT?

-TO PREVENT DIAPER RASH, IT IS IMPORTANT TO KEEP THE SKIN AROUND AND UNDERNEATH THE DIAPER AS DRY AS POSSIBLE. BY KEEPING MOISTURE AWAY FROM THE SKIN, THE SKIN IS LESS LIKELY TO BECOME IRRITATED.

-IF YOU ARE USING DISPOSABLE DIAPERS, IT IS IMPORTANT TO GET HIGHLY ABSORBENT DIAPERS THAT WILL HOLD THE URINE AWAY FROM THE SKIN.

-YOU MAY ALSO USE CLOTH DIAPERS, BUT TO PREVENT MOISTURE FROM COMING INTO

CONTACT WITH THE SKIN, THEY SHOULD BE CHANGED PROMPTLY AFTER THEY BECOME WET OR EVERY 1-2 HOURS.

-DESITIN, A&D OINTMENT, OR VASELINE MAY BE APPLIED TO THE SKIN TO PREVENT A RASH FROM STARTING.

## COMMON MYTHS ABOUT DIAPER DERMATITIS:

-POWDER MAY ACTUALLY MAKE DIAPER RASH WORSE. ADDITIONALLY, IT CAN IRRITATE A BABY'S LUNGS.

- IF YOUR CHILD HAS ONE DIAPER RASH, IT DOES NOT MEAN THEY ARE PRONE TO MORE.

-PEDIATRICIANS RECOMMEND USING A SOFT CLOTH AND WATER RATHER THAN BABY WIPES TO CLEAN YOUR CHILD'S DIAPER AREA.

-IF YOUR CHILD HAS DIAPER RASH, IT DOES NOT MEAN YOU ARE A BAD CARETAKER.

-THERE IS NO CURRENT EVIDENCE THAT DISPOSABLE DIAPERS ARE BETTER AT PREVENTING DIAPER RASH THAN CLOTH DIAPERS. IT IS IMPORTANT TO USE THE DIAPER CHOICE THAT WORKS BEST FOR YOU AND YOUR CHILD.

DIFFERENT TYPES OF DIAPERS:

DISPOSABLE DIAPERS



<http://www.amazon.com>

RE-USEABLE (CLOTH) DIAPERS



<http://www.forthemonster.com>

## WHERE CAN I GET MORE INFORMATION?

-AMERICAN OSTEOPATHIC COLLEGE OF DERMATOLOGY - [HTTP://WWW.AOCD.ORG/SKIN/DERMATOLOGIC\\_DISEASES/DIAPER\\_DERMATITIS.HTML](http://www.aocd.org/skin/dermatologic_diseases/diaper_dermatitis.html)

-MAYO CLINIC — [HTTP://WWW.MAYOCLINIC.COM/HEALTH/DIAPER-RASH/DS00069](http://www.mayoclinic.com/health/diaper-rash/DS00069)

-MEDICINE NET - [HTTP://WWW.MEDICINENET.COM/DIAPER\\_RASH/ARTICLE.HTM](http://www.medicinenet.com/diaper_rash/article.htm)

-WIKIPEDIA - [HTTP://EN.WIKIPEDIA.ORG/WIKI/DIAPER\\_RASH](http://en.wikipedia.org/wiki/Diaper_rash)

