



Kapa'a Pediatrics, LLC

Diaper Rash

What is it? There are many causes of diaper rash, but over the years we are convinced that there are only 4 causes that account for 99% of all diaper rashes.

1. Over-wiping causing skin barrier breakdown! This is the most common cause and most important concept for parents/caretakers to understand.
2. Fungal infection, either from over-wiping or from being in a wet diaper for too long.
3. Contact Dermatitis Wet wipe allergy or reusable diaper chemical irritant from the detergent or bleach.
4. Irritants from urine mixing with stool. Although this is always listed as a main cause, we do not think that this is a major contributor if the skin barrier is intact.

What are the symptoms?

- Rash in diaper area that can have various appearances, the web has thousands of images if you are interested.

What to expect? With the treatment plan outlined below that focuses on the main causes, 99% of all diaper rashes will resolve within 3 days.

Treatment options? At the first sign of any diaper rash do the following steps.

1. Stop using ANY and ALL wipes for 3 days. This is the most important step. There is no need to wipe urine only diapers. For all doodoo diapers rinse baby in sink or tub with only water, no soap, and lightly pat dry.
2. Apply barrier cream of your choice, the thicker the better (examples are vaseline, butt paste, A&D, desitin). Use the cream after every dirty diaper change.
3. Change diapers frequently or leave diaper off for periods of time.
4. If steps 1-3 do not do the trick in 48 hours, add an anti-fungal cream (usually clotrimazole 1% is cheap and effective) 2-3 times per day to the rash.

When to call your doctor?

- Rash is not better in 3 days
- Bleeding, blistering, or peeling skin
- Fever >100.4F

*** Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011***