

How to Prevent Diaper Rash

Diaper rash is caused by irritation of the skin from urine and bowel movements. When the diaper is wet or soiled, an infant's skin becomes sore and hurts. Changing the diaper as soon as your infant wets or has a bowel movement is one important way to prevent diaper rash. The following list will help to prevent diaper rash.

- Gently wash and dry your infant's bottom every time you change the diaper. Clean all skin folds well with mild soap and water. Rinse the skin well and pat dry or let air dry before diapering.
- An ointment or cream may be applied to the infant's bottom. Your infant's doctor will tell you what kind is preferred.
- If the rash does not improve, call your baby's doctor.



Learn more about your health care.