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## **CARING FOR YOUR BABY'S SKIN / DIAPER RASHES**

Your baby's skin acts as a barrier against infection and injury and helps to regulate temperature and bodily fluids.

### **Bathing**

Bathing serves to wash away urine and stool residue and allows for physical closeness and bonding between you and your baby.

Your baby does not need a bath every day, it may actually dry out the skin.

Choose a soap or baby wash that is hypoallergenic and is not perfumed.

Rinse the soap off thoroughly with clean water.

### **Moisturizing**

It is important to keep your baby's skin moist, so you may use an ointment or lotion all over your baby's body if the skin is dry or peeling.

### **Avoiding Diaper Rash**

Keep the baby's skin away from urine and stool, which irritate the skin. Use super-absorbent disposable diapers and change them frequently. If the baby develops a rash despite these precautions, you can use a barrier cream such as Desitin, A&D ointment, or Triple Paste with diaper changes.

### **Diaper Rashes**

Diaper dermatitis is skin irritation from urine or stool, or can be a reaction to the diaper itself. Candida dermatitis is a diaper area infection caused by a yeast, and antibiotic therapy, frequent bowel movements, or thrush can increase your baby's chances of getting this rash. If you suspect yeast, treat the diaper rash with lotrimin anti-fungal cream and make an appointment if the rash doesn't improve within a couple days.

Diaper rashes can appear as skin redness or rawness, blisters, or fussiness and discomfort when the diaper is wet or soiled.

Treatment includes frequent diaper changes with thorough cleaning of the diaper area, barrier cream or antibiotic cream/ointment as directed by your pediatrician.

**For any urgent or emergent medical concerns, please call 911 or go immediately to the nearest emergency department.**