

Diaper Rash

Diaper rash is a very common condition seen in infants and toddlers. It is caused by irritation because of urine and feces coming in contact with the skin. To prevent diaper rash, we recommend very gentle care of the skin with zinc oxide ointment or paste 40% (generic store brand) applied in a very thick layer to dry skin after each diaper change. Apply the ointment as if you are frosting a cake. To cleanse the skin, avoid baby wipes. We recommend laxative grade mineral oil (avoid baby oil as it contains fragrance which can be irritating) on a cotton round or square to clean the skin during diaper changes. If your child develops worsening or red bumps contact your doctor as this could represent a yeast infection.



CVS Premium Hypoallergenic

Cotton Rounds, 100% Cotton



CVS Zinc Oxide Ointment

Begin _____ twice daily for _____ days. Do not use topical steroids for longer than advised because this can thin the skin (steroid atrophy).