

## Patient information

# Nappy rash - information for parents and carers

Approximately a third of babies will have nappy rash. This can be caused by:

- Your baby's skin being in contact with wee and poo for a long time
- The nappy rubbing against your baby's skin
- Not cleaning the nappy area thoroughly or often enough
- Soap, detergent or bubble bath
- Alcohol based baby wipes
- Your baby recently having antibiotics

Your baby's bottom may be red with white or red spots which may spread into the folds of their skin.

The best way to prevent nappy rash is:

- To change wet or dirty nappies as soon as possible
- Clean the whole nappy area gently, but thoroughly, wiping from front to back
- Use water or fragrance free and alcohol-free baby wipes
- Dry your baby gently after washing them
- Lie your baby on a towel and leave their nappy off as often as you can to let air get to their skin
- Do not use soap, bubble bath or talcum powder on your baby's skin

If you think the rash is causing your baby discomfort, or if it takes longer than 3 days to clear up, it may be worth using a nappy rash cream to treat it. The staff on the Neonatal Unit (NNU), on the Neonatal Community Service (NCS) team, your midwife, health visitor, GP or pharmacist will be able to recommend which ones to try.

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