

Patient Information

Children's Emergency Department

Nappy rash - parent/carer discharge information



It can be common for babies to develop red angry skin in the nappy area, especially older babies who sleep through the night without a nappy change.

The skin in the nappy area looks red, raw and can be ulcerated. It can be generally red or spotty in appearance, particularly at the edges of the rash.

The groin creases are not usually involved. It can be itchy or sore when wiped and may cause your baby to be unsettled or irritable. Wetness from urine, especially when combined with faeces (poo), is the main cause. The longer the nappy is wet and/or dirty, the higher the risk.

The newer disposable nappies now make nappy rash less common. If it occurs, it can be treated effectively, but it is better to try to prevent the rash developing. Nappy rash is made worse by diarrhoea, not changing the nappy often enough, and plastic pants. Most children grow out of nappy rash with toilet training.

What should I do now?

- Change nappies as soon as possible after they become wet and dirty
- Change nappy 5 to 7 times a day in children under 12 months of age
- Clean your baby's bottom with warm water and cotton wool or a clean cloth - baby wipes can cause irritation when the bottom is sore
- Apply a layer of protective cream to all over your baby's bottom



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- Let your baby have 'nappy free' time daily
- Try disposable nappies
- Avoid using plastic over-pants and/or talcum powder
- Avoid soap: too much soap can dry the skin and irritate it
- If using re-usable cloth nappies, wash/rinse well as detergents and soaking solutions can irritate the skin

When should I seek medical advice?

- If the rash does not clear up within a few days, there may be an underlying skin infection such as thrush (a fungal infection) or a bacterial infection. Thrush is usually present in significant nappy rash as it thrives in warm, moist areas. Your GP can prescribe ointments to treat any such infection.
- When a nappy rash is very persistent and difficult to treat, it may indicate that there is an underlying skin condition. This needs to be diagnosed and treated by a GP.

For further advice/information:

- Call 111 (24 hours a day)
- Contact your GP or Health Visitor

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6934 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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