

Self Care Information for Patients: Nappy Rash

Summary

Nappy rash is a minor condition that can be treated without the need for a GP consultation or prescription. It can easily be treated with simple over-the-counter medication.

What can you do to help?

- With good hygiene, nappy rash will clear in about 3 days.
- Change wet or dirty nappies as soon as possible.
- Clean the whole nappy area gently but thoroughly, wiping from front to back.
- Use water and cotton wool, or fragrance-free and alcohol-free baby wipes.
- Apply a thin layer of barrier cream as a regular preventative measure, you can discuss with a pharmacist which creams suit best.
- Bathe the baby daily, but not more than once as this can dry out skin.
- Dry baby gently after washing them – avoid vigorous rubbing.
- Do not use soap, bubble bath, lotions or talcum powder as it contains ingredients that could irritate the baby's skin.

When shall I see a General Practitioner (GP)?

- If the rash does not go away and gets worse.
- If baby seems unwell e.g. fever, feeding less.
- Development of a bright red, moist rash with white or red pimples that spreads into the folds of their skin – signs of infection.

Document History

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