

Self Care Briefing for Clinicians: Nappy Rash

Summary

Up to a third of babies and toddlers in nappies have nappy rash at any one time. Nappy rash can usually be treated at home using barrier creams purchased over-the-counter.

Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self care when appropriate.
- Advise parents to discuss concerns regarding nappy rash with their health visitor or local pharmacist
- Advise patients of safe and effective self care measures:
 - 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.
 - Apply a thin layer of a barrier cream to protect the skin.
 - Bath the baby daily: but avoid bathing them more than twice a day as that may dry out their 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 baby's skin.
- Advise patients to seek medical attention and consider treatment with a prescription in the following circumstances:
 - If the rash does not go away and gets worse.
 - The baby develops a persistent bright red, moist rash with white or red pimples that spreads into the folds of their skin - signs of infection.

Examples of over-the-counter products available to buy

Please advise patients that suggested prices are, a guide, correct at the time of writing and are subject to change.

- Metanium® Nappy Rash ointment: Not licensed for adults and the elderly (£2.65 for 30g).
- Bepanthen® Nappy care ointment (£3.30 for 30g).

Further information

- [Selfcare forum](#)
- [NHS.uk](#)
- [Patient UK](#)

Document History

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