



## Face and Diaper Rash

Infants often have sensitive skin, especially around the face and diaper area. Skin irritation or rash often starts with excessive dryness or wetness. Irritation around an infant's diaper worsens by soiled diapers or overuse of wipes or creams. Irritation on the face can be caused by acidic foods, wipes, creams or cleansers.

### Here are some helpful hints for treating face or diaper rash:

- Avoid contact with commercial wipes, powders, over-the-counter creams, ointments or harsh cleansers.
- Use super absorbent disposable diapers and change your child frequently. Avoid scented diapers or those with elastic or dye. Dependable brands include: Seventh Generation, Tender Care, White Cloud and Tushies.
- Use warm water-dampened soft cloths or plain mineral oil on cotton squares while bathing your child. Also try Cetaphil Gentle Cleansing Lotion, Vanicream Bar or Aveeno Advanced Care Cleanser.
- Gently pat your child's skin dry. Do not rub.
- Use preservative-free, zinc oxide ointment to protect your child's skin. Use separate tubes for face and diaper area. Apply a thick coat as often as possible - to the diaper area with every change, and to the face before meals and at bedtime. Continue for at least one week after your child's rash is gone.
- **To find preservative-free, zinc oxide ointment: Carefully read the back label. The "Active Ingredient" should be 20-40% zinc oxide. The "Inactive Ingredients" should only include paraffin, petrolatum and/or mineral oil.**
- If the rash does not go away after 2 weeks, call your doctor.

Additional Instructions: