



Nappy Rash

Information for Parents and Carers

Introduction

Nappy Rash (Napkin Dermatitis) describes symptoms in the nappy area ranging from mild redness to associated infection and inflammation. It is quite common in babies, and it can be quite painful and uncomfortable.

There may be red patches on your baby's bottom, or the whole nappy area may be red. The skin may look sore and feel hot to touch, and there may be spots, pimples or blisters.

Causes of Nappy Rash

- prolonged contact with urine (wee) or stools (poo)
- sensitive skin
- rubbing or chafing
- soap, detergent or bubble bath
- baby wipes
- diarrhoea or other illnesses
- teething can also be a contributory factor
- Sensitivity to some nappy brands

It is not always possible to prevent nappy rash. But these simple steps may help to manage it:

- Wash your hands thoroughly before and after changing your baby's nappy
- Gently clean your baby's skin with a soft cloth using warm water and an emollient based product such as Silcock's base, or one recommended by your Dermatology Nurse. Avoid using baby wipes until your baby is 2-4 weeks old. A bath daily or every 2nd day may also help.
- Remove any residue from their skin and dry thoroughly in a patting motion, paying attention to their skin creases.
- Apply a layer of barrier cream if needed. Your Pharmacist, Public Health Nurse or GP will be able to recommend suitable products.
- Change wet or soiled nappies as soon as you can. More frequently if needed
- Female: clean the genital area from front to back to reduce the risk of infection.

However, if your baby does develop a nappy rash:

- After following the steps above and if it is possible, leave the nappy off for half an hour to expose the area.
- A nappy rash cream can then be applied to treat the rash. Ask your Nurse, GP or Pharmacist to recommend one.
- If a steroid cream is prescribed by your doctor, use it and discontinue after prescribed time.
- A bright red rash with small, raised spots (lesions) could indicate a candida infection (thrush). This may need to be treated with an anti-fungal ointment or cream. Ask your Nurse, GP or Pharmacist for advice.
- If the nappy area has not improved after 5 days, contact your GP or medical team (if your baby is still in hospital) for further advice.
- Pain medication may also be required in the initial stages. This can be discussed with your medical team GP or Pharmacist.
- Remember: if you have any questions about your baby's nappy rash, please speak to your nurse or medical team.

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