



Self-care Information

Nappy Rash

Tips on how you can manage your baby's nappy rash.

“Supporting you to look after your baby”

Key Points:

- Change wet or dirty nappies as soon as possible.
- Bath your baby daily.
- Dry your baby gently after washing them.
- Leave your baby's nappy off for as long and as often as possible.
- Try not to use soap, bubble bath or talcum powder.

Symptoms of nappy rash

- Red or raw patches on your baby's bottom or the whole nappy area.
- Skin that looks sore and feels hot to touch.
- Scaly and dry skin.
- An itchy or painful bottom.
- Your baby seeming uncomfortable or distressed.
- Spots, pimples, or blisters on bottom (spots can appear red or brown, but may be less noticeable on brown and black skin).



What can you do to treat nappy rash?

If your baby gets nappy rash, you can usually treat their skin yourself without the need to visit the GP.

Apply a thin layer of a barrier cream to protect their skin at each nappy change. Barrier creams must be applied to clean dry skin or follow the instructions that come with the cream. **Ask your health visitor or local community pharmacy to recommend one.**

Nappy rash usually clears up after about 3 days.

The best way to deal with nappy rash is to try to prevent your baby getting it in the first place.

You should try...

- ✓ Changing wet or dirty nappies as soon as possible.
- ✓ Cleaning the whole nappy area gently but thoroughly, wiping from front to back. Use water or fragrance-free and alcohol-free baby wipes.
- ✓ Bathing your baby daily – but avoid bathing them more than twice a day as that may dry out their skin.
- ✓ Drying your baby gently after washing them – avoid vigorous rubbing.
- ✓ Lay your baby on a towel and leave their nappy off for as long and as often as you can to let fresh air get to their skin.
- ✓ Making sure nappies fit properly.



Try not to...

- ✗ Use soaps, baby lotion or bubble bath as they can irritate your baby's skin.
- ✗ Use talcum powder or antiseptics on nappy rash.
- ✗ Put nappies on too tightly as it can irritate the skin.



When to seek advice from a health visitor or GP

- Your baby's nappy rash does not go away, gets worse or spreads to other areas.
- Your baby has a high temperature.
- Your baby seems very uncomfortable.

Here are some links to further information:

Look at the NHS Website: <https://www.nhs.uk/conditions/baby/caring-for-a-newborn/nappy-rash/>

For a Patient Website: <https://patient.info/childrens-health/nappy-rash-leaflet>



For more advice visit your local pharmacy.

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For more information about My Life Choices, see their [webpage on the Nottingham and Nottinghamshire ICB website](#). V1.0

