

NAPPY RASH

INTRODUCTION

Nappy rash is a spotty, red inflammation of the skin in the nappy area which is painful and itchy. It is normally confined to the buttock area. Similar rashes elsewhere indicate the problem is, in fact eczema or dermatitis.

SYMPTOMS

The symptoms of nappy rash can vary, depending on how severe your child's rash is. Most cases of nappy rash only produce mild symptoms.

Mild nappy rash

In mild nappy rash, part of the nappy area will be covered in a pink rash, usually made up of small spots, or blotches. However, the baby should feel well, in general, and will only experience a stinging sensation when passing urine or faeces. If nappy rash is mild, the rash should cover less than 10% of the nappy area.

Severe nappy rash

If the nappy rash is more severe, symptoms will be more painful. These may include:

- Bright red spots.
- Dry, cracked and broken skin, and
- Swelling, ulcers, and blisters on the skin.

The rash will cover more than 10% of the nappy area, and may spread down the legs, or up to the abdomen (tummy). The baby may cry more often than usual, and be very irritable. This is because severe nappy rash can be very painful.

Contact your GP immediately if your child goes on to develop severely inflamed skin, or a fever. This may be a sign that they have developed an infection.

CAUSES

Nappy rash usually occurs when your baby's skin comes into contact with urine and faeces. The urine and faeces can turn into a chemical called ammonia which irritates the baby's skin.

Nappy rash can also be caused by a fungal infection. If your baby's skin is warm and damp for long periods of time, it can cause a fungus known as Candida to grow which

irritates the baby's skin. White spots can indicate a fungal infection.

TREATMENT

Mild nappy rash

Mild nappy rash will not normally require any medication or specialist treatment.

- **Leave your baby's nappy off for as long as possible.**
- **Avoid using soaps when cleaning your baby's skin- only use water**
- **Drying your baby's bottom by patting (not rubbing) it with a towel.**
- **Apply a barrier cream every time you change their nappy.**
- **Change your baby's nappy frequently.**
- **Consider changing the type of nappy you are using.**
- **Not using tight-fitting plastic pants over nappies.**
- **Not using powders (such as talcum powder) when changing nappies.**

Severe nappy rash

If your baby has severe nappy rash, they will usually require medication to treat the condition. A visit to the GP will be necessary and the doctor may prescribe topical medicines (topical means the medicine is applied directly to area). These may include topical *corticosteroids* which reduce inflammation of the skin, topical *anticandidals* in the case where fungal infections are involved.

Complications

Bacterial infection

In some rare cases, a nappy rash can become infected with bacteria. Symptoms include:

- Irritated, reddened skin.
- Collections of pus (which may ooze), and
- Lesions (areas of damaged tissue).

A bacterial infection will usually require treatment with antibiotics.

MOTHERS TAKE NOTE- NEW ZINCO NAPPY RASH SPRAY PROVIDES FAST AND EFFECTIVE RELIEF IN A HYGIENIC AND MESS FREE WAY WITHOUT THE NEED TO TOUCH YOUR BABY'S TENDER SKIN.