



## How to prevent diaper dermatitis

### 如何預防尿布(褲)疹(英文)

Diaper dermatitis is a generic term applied to skin rashes in the diaper area that are caused by various skin disorders and/or irritants. It develops when skin is exposed to prolonged wetness and heat, especially in the summer.

#### Possible causes

1. The rubbing between diaper and skin sabotages stratum corneum, the protective layer of our skin.
2. The stimulation of frequent loose stool or diarrhea yields rash-like skin change.
3. Materials attaching to baby' s skin also injure its stratum layer; common attachments include urine, stool, and cleansing chemicals.

#### How to prevent and how to care

##### 1. prevention :

- A. Keep baby' s buttock clean: Wash genitalia with warm water and mild soap.
- B. Change diapers frequently to maintain the dryness of the skin.
- C. Frequently apply protective creams like Vaseline after a thorough wash.
- D. Use diaper correctly :

##### 2. skin care of diaper dermatitis :

- A. Wash baby' s buttock with warm water instead of use of wet tissues.

- B. Keep dry.
- C. For already irritated skin, apply Zinc oxide to curb secretion of the injured skin.
- D. With parents who use diaper like cloth, wash it thoroughly and boil it to exterminate bacteria; expose it under the sun until it is dried and then iron it.
- E. Change the diaper brand if the rash condition does not recover; ask for doctor' s opinion and assistance to prevent further infection.

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