



Nappy Rash

Patient information leaflet



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Common Ailments Service

Only use this leaflet if your pharmacist has advised you about your baby's condition.

Most babies develop nappy rash at some stage.

The skin on and around your baby's bottom may:

- look red all over or have red patches
- look sore and feel hot
- have spots or blisters

Babies can get nappy rash if:

- their skin has been in contact with wee or poo for a long time
- their nappy has rubbed against their skin
- they have recently taken antibiotics
- their skin has reacted to soaps or bubble bath, fragrant or alcohol-based wipes, or a lotion

Some babies get nappy rash when they are teething. This may be because their poo contains more saliva during teething, and is irritating their skin more.

The red skin on your baby's bottom could become worse if it gets infected with bacteria or a yeast (fungus) called Candida.



Treatment and Prevention

Medicines that can help

These medicines are not suitable for everyone. Make sure you have asked your pharmacist for advice about what treatment is best for your baby.

Metanium® ointment and **zinc** and **castor oil cream** act as barriers and help by stopping your baby's skin from coming into contact with wee and poo. Every time you change your baby's nappy spread a thin layer of the cream or ointment onto their clean bottom.

If your baby is older than 1 month and their skin is inflamed, your pharmacist may also advise you to use **hydrocortisone 1% cream**. This is a steroid cream that can make the skin less sore and red. Spread it thinly onto the affected area and do not use it for longer than 7 days. If you are also using a barrier cream, put the hydrocortisone cream on first and wait a few minutes before applying the barrier cream.

Sometimes nappy rash can be made worse by a fungal infection. **Clotrimazole 1% cream**, is an antifungal cream that should help clear up the infection. Do not use the barrier cream while you are using the clotrimazole cream to treat the infection.

Avoid smoking or going near unprotected flames when you are using creams on your baby's skin – some creams have ingredients that can easily catch fire.



Treatment and Prevention

Always read the patient information leaflet that comes with your medicine.

If you are concerned about any side effects from a treatment, report it to a doctor, nurse or pharmacist. You can also report side effects on the Yellow Card [app](#) or [website](#).

Prevention

Nappy rash usually gets better after about **3 days** and is **less likely to come back if you:**

- make sure your baby's nappy fits properly
- change wet or dirty nappies as soon as possible
- use extra absorbent nappies
- clean your baby's bottom by wiping it from front to back
- clean your baby's bottom with water or wipes that do not contain fragrance or alcohol
- give your baby a bath every day but not more than twice a day
- do not use soap or bubble bath in your baby's bath
- dry your baby gently after washing them, pat their bottom dry
- do not use talcum powder or lotion on your baby's skin
- leave your baby's nappy off whenever possible



When to Get Help

Go back to see your pharmacist if the nappy rash has not improved within 3 days of using the barrier or steroid cream. Your baby may need treatment with an antifungal cream.

Contact your GP or call 111 if:

- the skin on your baby's bottom is very red and sore
- the rash is spreading or not getting better after 7 days of using the treatment
- your baby seems unwell or uncomfortable
- your baby is less than 3 months old and has a temperature of 38°C or higher or a temperature of 39°C or higher if they are 3 to 6 months old
- your baby has a high temperature that does not come down with paracetamol
- your baby has a weakened immune system, for example from cancer treatment or steroid therapy

If you are worried that your baby's condition is not getting better, or is getting worse, talk to your GP.



More information

For more information on nappy rash or a medicine, talk to your pharmacist or look at the following websites:

NHS website: <https://www.nhs.uk/conditions/baby/caring-for-a-newborn/nappy-rash/>

Patient UK: <https://patient.info/childrens-health/nappy-rash-leaflet>

Medicines A-Z: <https://www.nhs.uk/medicines/>

Information from the above resources is included in this leaflet.



Mae'r daflen hon hefyd ar gael yn Gymraeg. This leaflet is also available in Welsh.

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