

Nappy rash is a minor condition that can be treated without the need for a GP consultation or prescription. It can easily be treated with simple over the counter (OTC) medication

What can I do to treat and prevent nappy rash?

- With good hygiene, nappy rash will clear in about 3 days
- Change wet or dirty nappies as soon as possible
- Clean the whole nappy area gently but thoroughly, wiping from front to back
- Use water and cotton wool, or fragrance-free and alcohol-free baby wipes
- Apply a thin layer of barrier cream as a regular preventative measure, you can discuss with a pharmacist which creams suit best
- Bathe the baby daily, but not more than once as this can dry out skin
- Dry baby gently after washing them – avoid vigorous rubbing
- Do not use soap, bubble bath, or lotions or talcum powder as it contains ingredients that could irritate the baby's skin

When should you seek further advice from your health visitor or GP?

- If the rash does not go away and gets worse
- If baby seems unwell e.g. fever, feeding less
- Development of a bright red, moist rash with white or red pimples that spreads into the folds of their skin – signs of infection

