



Diaper Rash

Dos and Don'ts

Dos

- ✓ Change your baby's diaper more often
- ✓ Use water and a soft washcloth
 - ✓ Pat dry with a soft towel
- ✓ Use a barrier cream, such as Triple Paste
- ✓ Go diaper-free whenever possible to air out that little bum!
- ✓ Contact your doctor if it's not going away after a couple days

Don'ts

- ✗ Don't use baby wipes with alcohol
- ✗ Don't introduce new detergents or foods
- ✗ Don't use cornstarch if it's a yeast rash
- ✗ Don't use talc— it's been linked to ovarian cancer
- ✗ Don't dress in tight or hot clothing
- ✗ Don't ignore rashes in other places. Get it checked out!

