

## Instructions for Yeast Diaper Rash

Yeast diaper rashes look red and spotty. There is often peeling. These rashes don't get better with regular diaper ointments such as Balmex or Desitin.

These rashes are caused by a yeast called Candida. Candida is everywhere and grows quickly in warm, wet areas. A diaper is the perfect place for Candida to grow. If your child is on antibiotic or if your child's skin has become irritated by urine or baby wipes, it makes it even easier for Candida to grow in the diaper area.

- o Apply Lotrimin or Nystatin cream to diaper area 3-4 times a day after changing your baby's diaper. Be sure the area is clean and dry.
- o You may use a zinc oxide ointment (Balmex, Desitin) over the other medication.
- o Use medication until your child's skin looks normal for 3 days.

Do not use baby wipes; use warm water.

Call if there is no improvement in 3-4 days.