

Nappy rash plan

Dermatology

- Use disposable nappies
- No nappy wipes as they are irritating
- To clean the area use a Rediwipe towel wet with water or water with bath oil
- Daily bath
- If there are red areas apply **hydrocortisone 1%**, 2 times a day until the redness clears
- Apply a thick layer of **10% olive oil in zinc paste** (available at Woods Pharmacy, ground floor RCH)/ **Sudo cream or Bepanthan**, at each nappy change.
 - Remove the creams from the tubs with a spatula onto paper towel then take from there to the skin
- Wash hands before and after nappy care
- Time without nappy

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