Nappy rash plan

- 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