

Diaper Rash in Breastfed Newborns

from frequent cleaning of frequent breastmilk stools

Breastfed babies usually pass about 3 large stools per day, and sometimes have a smear of stool in each diaper change. (This sometimes becomes less frequent around 1 month old in exclusively breastfed babies.) With frequent gentle wiping, the skin can get chafed and irritated, even if you switch from baby wipes to plain water, as water dries out the skin.



If baby's bottom starts looking like the picture, you can reverse the progression of skin breakdown by following these suggestions.



If there is lots of poop, wipe away most of it with your choice of wet wipes, tissue or a soft cloth.



Squirt Cetaphil Gentle Skin Cleanser all over baby's bottom. It contains no soap or fragrance. It is so gentle, it can be used to remove mascara from eyes!



Use make-up remover pads or cottons balls to spread the cleanser everywhere. It does not bother the vaginal area.

Notice how smoothly it slides over baby's bottom as you wipe! Wipe off the excess until you notice less and less of the yellow-orange color on the cotton, indicating that residual stool is cleaned off.

DO NOT RINSE WITH WATER!



Apply plenty of Aquaphor Ointment. This serves as a barrier so stool and urine will irritate less. It also soothes the skin to promote healing. Unlike some other skin ointments, it is easy to clean off next time.

All of these items are sold over-the-counter. Consider less expensive store brands of Cetaphil. Vaseline may work if Aquaphor is too expensive.

If the rash fails to improve, a yeast diaper rash may be complicating the problem. Try clotrimazole (Lotrimin) ointment or cream and consult with your healthcare provider.