

Nappy rash

Follow-up Advice	If the rash persists for longer than 10 days refer to the health visitor; but if the rash does not improve in 48 hours or it worsens, refer to the GP.
Counselling Points	<ul style="list-style-type: none">• To reduce exposure to irritants (urine, faeces, and friction), advise parents and carers:<ul style="list-style-type: none">- To consider using nappies with the greatest absorbency (for example, disposable gel matrix nappies) — however, parental choice of the nappy used will depend not only on its absorbency but on convenience, cost, and environmental considerations.- To leave nappies off for as long as is practically possible.- To clean and change the child as soon as possible after wetting or soiling:• Use water, or fragrance-free and alcohol-free baby wipes.• Dry gently after cleaning — avoid vigorous rubbing.• Bath the child daily — but avoid excessive bathing (such as more than twice a day) which may dry the skin.• Do not use soap, bubble bath, or lotions.