

# All about Nappy Rash

everything you need to know

Up to a third of babies and toddlers in nappies have nappy rash at any one time. It doesn't usually develop in newborns, but all babies can get nappy rash.

Nappy rash can be caused by:<sup>1</sup>

- ♡ Your baby's skin being in contact with wee or poo (stools) for a long time
- ♡ The nappy rubbing against your baby's skin
- ♡ Not cleaning the nappy area or changing the nappy often enough
- ♡ Soap, detergent or bubble bath
- ♡ Alcohol-based baby wipes
- ♡ Your baby recently taking antibiotics

**Always seek medical advice from your Health Visitor, Practice Nurse, Pharmacist or GP if:**

- ♡ The rash doesn't go away within a couple of days
- ♡ Your baby develops a persistent bright red, moist rash with white or red pimples, which spreads to the folds of the skin
- ♡ Your baby has a fever and a raised temperature



Metanium<sup>®</sup> is here to help!

# Make sure you're prepared for nappy rash!

Even if you follow a regular routine, no two days are the same, and there are certain trigger times<sup>2</sup> when your baby may be more prone to nappy rash:



1

## Weaning

Starting on solid food can lead to looser stools and a greater likelihood of nappy rash affecting your baby.

2

## Common Cold

When a baby has a cold, stools are often looser, meaning that nappy rash is more likely to occur.

3

## Teething

A runny nose, lots of saliva and diarrhoea are often the signs of teething. It's also a time when nappy rash can strike.

4

## Antibiotics

Nappy rash is often linked to antibiotic use. Antibiotics may mildly upset the digestive system leading to diarrhoea and nappy rash.

5

## First sleep through the night

Sleeping through the night means that nappy changing may be delayed, making nappy rash more likely to develop.

6

## Change in diet

A change in diet like moving on from breast milk may lead to more frequent and watery stools, potentially leading to nappy rash.

7

## Diarrhoea

Nappy rash usually starts when the baby's delicate skin is in prolonged contact with urine and faeces in the nappy. It's much more difficult to prevent this if your baby has diarrhoea.

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# Nappy rash Protection

for every nappy change

Good skincare is essential in both treating and preventing nappy rash. Following these simple steps will help<sup>2</sup>:

- Lie your baby on a towel and leave your baby's nappy off when you can, to let fresh air get to the skin
- Change wet or soiled nappies as soon as possible
- Clean the nappy area thoroughly using plain water or alcohol and fragrance free wipes
- Gently pat rather than rub your baby's bottom dry and avoid vigorous rubbing
- Use a suitable barrier ointment at each nappy change



Metanium<sup>®</sup>  
**easy**  
spray

Barrier Lotion

- ♥ Easy to use
- ♥ Use at every nappy change
- ♥ Fragrance and lanolin free
- ♥ Gentle formulation



Metanium<sup>®</sup>  
**everyday**

Barrier Ointment

- ♥ Use at every nappy change
- ♥ Fragrance and lanolin free
- ♥ Gentle formulation

Metanium<sup>®</sup> is here to help!

# Nappy rash Treatment

soothes & treats

Most babies will get nappy rash<sup>2</sup> during the first 18 months, no matter how carefully you look after your baby's skin. The majority of cases are mild and can be easily treated with a nappy rash ointment from your pharmacy.

**For those occasions when nappy rash does strike, Metanium Nappy Rash Ointment, available in pharmacies soothes and treats nappy rash.**

**Metanium is so gentle, it can be used from birth onwards.**



## Metanium®

### Nappy Rash Ointment

### Effective Treatment for Nappy Rash

Specifically formulated to soothe and treat your baby's nappy rash

- ♡ Soothes and treats nappy rash
- ♡ Relieves irritation and redness
- ♡ Fragrance and lanolin free

Metanium Nappy Rash Ointment is a medicine. Always read the label.



1. Ref: <http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/Nappy-rash.aspx> (accessed 18/12/17)

2. Morris H, Getting to the bottom of nappy rash, Community Practitioner, November 2012, Volume 85, Number 11

# Metanium® is here to help!