



## Instructions

Nappy rash is usually caused by prolonged skin contact with urine and faeces.

To make the rash better and prevent it occurring again:

1. Keep the nappy area dry by frequent changing of wet or soiled nappies.
2. At every change, wash the area with warm water, pat dry and apply the prescribed cream.
3. Leave the nappy off several times per day. Fresh air on bare skin helps with healing.
4. Avoid the use of plastic pants and powders. Disposable nappies with plastic pants should not be worn.

## Contact

Children's Outpatient Department  
The Portland Hospital  
234 Great Portland Street  
London W1W 5QT  
Tel: 020 7390 8312

## Disclaimer

Whilst this leaflet aims to provide you with useful advice and information it must be noted that it should only act as a guideline. Should you have any further concerns about this procedure, it is advisable that you discuss it with your Consultant.