



CANDIDA DIAPER DERMATITIS

Candida (yeast) is a common cause of diaper rash in infants and toddlers and may account for up to 70% of diaper rashes we see other than simple irritation. The problem arises when skin in the diaper area becomes irritated by wetness or chafing. Candida, which is present almost everywhere in the environment, secondarily infects the area and produces a rash which is typically bright red, slightly raised, and has a pimply margin.

The rash looks like it would be sore to touch, but really does not bother the infants very much. The most discomfort may be some mild itching.

The key to treatment of this common condition is to keep the area clean and dry, and to apply a cream with antifungal properties to the area. Air the diaper area 5-10 minutes before new diaper.

Go to your pharmacy and purchase some Micatin cream. You will find Micatin cream in the athlete's foot section. Alternatively, your provider might prescribe a cream such as Nystatin cream. You will then need to follow these instructions.

Remember Candida thrives in moist areas.

Apply a small amount of the medicated cream to the area and rub it in.

Do not use powder as it can collect moisture in folds.

Avoid wipes that contain alcohol or propylene glycol.

Repeat the washing and cream applications **3-4 times a day**.

This will normally clear the rash within about 1 week. If you have any further questions about this problem or the rash is not improving within a few days, please call or return to the office.

Call our office if signs of a secondary infection present:

- Pus
- Redness
- Swelling
- Blisters or open sores
- Fever