



Speak with the KixNurse to ensure the diaper rash doesn't need a prescription (yeast or bacterial rash) and always reach out if the diaper rash isn't improving.

### STEP 1

#### Buying the right cream

(ex., Desitin, Penaten, Life Brand, Zincofax, Sudocrem, Burt's Bees)

- Use extra-strength Zinc Oxide Cream (40%) for sore red bums
- Regular-strength (15-20%) for prevention

#### KixTips

Keep it simple: avoid creams with additional ingredients, as they can further irritate a sore bum!

### STEP 2

#### No affected skin should be showing!

- Apply a THICK layer!
- No Red Skin should be showing!

#### KixTips

The thicker, the better! You are creating a thick barrier that prevents urine and stool from touching the skin until healed!

### STEP 3

#### What to do at diaper changes

- Don't wipe off all the cream
- Wipe off only the layers needed to remove urine or stool
- If heavily soiled from large stool: wipe off as much as possible without scrubbing the skin, and soak off the remainder of cream.
- See Step 4!

#### KixTips

Don't scrape or wipe off all the cream whenever possible. It will irritate the skin more!

### STEP 4

#### Daily routine until healed (this may take several days!)

- A warm bath daily to soak cream off, pat dry only. Don't rub!
- Air drying with some bare bum time whenever possible to help the healing process!
- Reapply clean, fresh cream and diaper as in **step 2**.
- Repeat!

#### KixTips

You might need to clean up some pee, so have a towel ready!

#### When further treatment may be needed:

- If the rash is getting worse with this treatment, is ulcerated, bleeding or you have further questions, Please make sure you let your KixNurse know!