

WHY?

Following Stoma closure and Pull Thru surgery children with congenital diseases such as Hirschsprungs Disease or Anorectal Malformations may suffer from nappy rash due to frequent exposure to stool.

Nappy rash can vary from mild redness to very severe excoriation leading to a very uncomfortable rash for the child.

PREVENTION OF NAPPY RASH:

- Immediately after surgery ensure that a barrier cream is applied to your child's bottom
- Change your child's nappy as soon as possible following a bowel movement
- Clean your child's bottom thoroughly with warm soapy (non-perfumed) water and a soft cloth or water wipes. Try to avoid using standard **BABY WIPES**
- Apply barrier creams/paste/powder as directed by your Stoma/Colorectal CNSp

REMEMBER

"It is best to prevent the rash"

HEALING NAPPY RASH:

- Clean your child's bottom gently with warm water and a soft cloth, and pat dry gently
- If cleaning with a cloth becomes too painful, using the shower to rinse of the of the poo can help
- Bath daily to remove all creams/ointments

- Following removal of creams or after bathing, exposing the child's bottom to the air can help "dry" the skin
- If skin is not healing or there is evidence of infection (bright red spots on bottom) it is advisable to have your GP/CNSp check it as it may need treatment with an antifungal cream



RECOMMENDED TREATMENTS:

- Ilex paste
 - Cavilon advanced
 - Metanium
 - Orobace Paste
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- 3 in 1 (mixture of vaseline, orobase + metanium - mix equal amounts of each together in a clean tub)
 - Sudocreme / Bepanthen (used for mild irritation)
 - It is advisable to apply a layer of waterproof barrier over creams / pastes **e.g. Vaseline**
 - If skin is to "wet" and prevents creams/pastes from sticking a light dusting of **Caldesene / Orohesive Powder** may be advised by your CNSp.

For treatment of a bacterial infection, an antifungal cream will be prescribed.

REMEMBER:

In the case of the following, it is advisable to apply a barrier cream/paste prophylactically to your child's bottom:

- Teething
- Change of diet
- Diarrhea
- Antibiotics/Laxatives

DIRECTONS FOR USING **ILEX**

- Clean your child's bottom as advised
- Firstly apply a non-sting barrier film product and allow to dry
- Apply a layer of **ILEX** over the area of bottom needing protection. Allow 30seconds to dry
- Apply a layer of **VASELINE** over the **ILEX** and surrounding skin to prevent the nappy from sticking to the **ILEX**.
- When cleaning, only the stool should be wiped off using a soft cloth and water leaving the **ILEX** intact.
- Reapply additional **ILEX** if required, then reapply **VASELINE**.(This is to minimize further trauma to the skin)
- The **ILEX** should be entirely removed once a day using a soft cloth with a good amount of mineral/baby oil or in the bath.

NOTE Removing ILEX more often or without the use of mineral / baby oil may inhibit the healing process.