

# Skin Care Guidelines for the Colorectal Patient.

After your child's colorectal surgery, a diaper rash can develop. This is because the skin is sensitive and is being exposed to poop for the first time. Your child will also poop more often, and it will be watery. Careful attention to skin care is important to prevent a diaper rash.

## Skin Breakdown Prevention Plan:

- Change your child's diaper often to avoid long periods of time where poop is in contact with the skin.
- Put a thick layer of Zinc-based diaper cream on every time their diaper is changed (the amount should be like icing a cake). Some examples of diaper creams are Z-guard, Critic-Aid, Calmoseptine, and Desitin Maximum Strength.

## Changing the Diaper:

- Do not use baby wipes. These often contain chemicals that can be painful on the skin.
- Do not rub off poop or the diaper cream. Clean the poop off the skin using a patting or dabbing motion with cotton balls, a soft washcloth, or wet gauze.
- Do not take off the layer of cream with each diaper change.
- Clean your child's bottom with warm water and mild soap no more than once daily. Use a syringe or squirt bottle to squirt warm water on your child's bottom.
- Pat the skin dry; do not rub or wipe.
- Allow the diaper area to air dry as much as possible.
- Make sure your child's bottom is completely dry before applying more diaper cream.

## Skin Breakdown Treatment Plan:

If your child gets a diaper rash, start a 3-step or "crusting" method with diaper changes.

1. Squirt stoma powder onto red or oozing skin. You may use a tissue to gently press the powder onto the skin and dust away any extra powder.
2. Put a barrier film over the powder by using the product **no-sting** spray. Allow the spray to dry for 30 seconds as you see the powder turn white again.
  - If needed, you may repeat the above 2 steps to form a thicker barrier or crust.
3. Put a thick layer of Zinc-based diaper cream over the area in a gentle, sweeping motion, like icing a cake.

## Call the doctor if:

- The skin is broken, bleeding, crusted, or blistered.
- Your child has a rash that is red, scaly, and moist patches on the skin.
- Your child has a fever with a rash.