

Basic Care Skills

*DIAPER CHANGES AND DIAPER CREAMS

*SKIN, MOUTH AND EYE CARE

Diapering Your Baby

- ▶ Your baby's diaper will be changed during their care times to allow them to sleep during other times of the day
- ▶ All the supplies needed for a diaper change will be in your baby's isolette or crib



Diapering Your Baby

▶Supplies include:

- ▶ Diaper
- ▶ Wipes
- ▶ Vaseline or other creams



How to change a diaper

- ▶ Open the new diaper and place underneath your baby's bottom
 - ▶ Try to slide the diaper underneath your baby instead of raising or lifting your baby's legs
 - ▶ For babies less than 30 weeks, your nurse can show you how to log roll your baby to change the diaper
 - ▶ If your baby is very small or just born, diaper changes are best while keeping your baby as contained as possible. Please use developmental aids or have someone help contain your baby's arms during diaper change.
- ▶ Open the dirty diaper and fold under your baby. This helps keep the poop off everything when changing
- ▶ Wipe your baby's bottom area until clean. Do not push hard or rub the wipes, it can cause skin breakdown.
 - ▶ Remember for little girls, wipe front to back all the time

Diaper Changes

- ▶ Once your baby is wiped clean, remove dirty diaper with dirty wipes in it
- ▶ Gently place Vaseline on on your baby's bottom. The following slides will discuss other creams that may be used at different times during your baby's hospital stay.
- ▶ Close the clean diaper, folding over the top portion
- ▶ Use the Velcro tabs to secure diaper. Make sure at least one finger can fit in the closed diaper so you know it is not too tight. Also check that it is not too loose.
 - ▶ Remember for little boys to point their penis down before you close the diaper

Diaper Creams

- ▶ Vaseline:
 - ▶ Use with each diaper change to help protect your baby's skin
 - ▶ Helps keep out moisture
- ▶ Desitin: Use when the bottom is starting to get pink
- ▶ Nystatin powder: Use when there is a fungal rash
- ▶ Nystatin cream: Use when there is a fungal rash
- ▶ Ilex and Vaseline: Use when the bottom skin has a rash and or is bleeding

Perianal Skin Care: Sore Bottom

- ▶ When your baby has a sore bottom, gently remove pee and poop every time you do cares. Only remove the pee and poop and then reapply cream or powder.
- ▶ You do not need to remove all of the cream with each diaper change because it helps heal your baby's skin
- ▶ Check for candida rash (see picture on next slide) and treat with Nystatin cream or powder

Fungal Rash VS. Breakdown



Fungal/Yeast Rash:

- Red, raised bumps
- Rash around bumps
- Can be seen in skin fold and/or all over your baby's bottom



Breakdown:

- Bright red
- Tender looking areas
- Bleeding areas
- Your baby may seem more uncomfortable when you change his/her diaper

Perianal Skin Care: Red Bottom

- ▶ When your baby's bottom is RED with NO breakdown: Ask your nurse or doctor for Desitin.
- ▶ Apply Desitin every diaper change
- ▶ You don't need to wipe all of the Desitin off each diaper change. Gently wipe away pee and poop



Perianal Skin Care: Red and Bleeding Bottom

- ▶ When your baby's bottom is bright red or bleeding:
 - ▶ Put a thin layer of Ilex on the bleeding area
 - ▶ Cover Ilex with a layer of Vaseline to make sure your baby's skin won't stick to their diaper
 - ▶ Only blot the bottom area when cleaning with each diaper change. Do not rub or peel off previous layers of Ilex. It can also peel off new layers of skin.
 - ▶ Ilex can only be used on babies older than 30 weeks gestation



Perianal Skin Care: Crusting Technique

- ▶ Sometimes your baby may need more than one type of diaper cream or powder
- ▶ If your baby has a scratched or bleeding bottom with a fungal rash
 - ▶ Apply Nystatin powder
 - ▶ Apply Ilex cream
 - ▶ Apply a thick layer of Vaseline

Skin Care

- ▶ Your baby's skin may become dry or cracked. An ointment can be used to help with healing.
- ▶ The ointment needs to be petroleum based, perfume/dye/preservative free
- ▶ We do not use lotions in the NICU. Your baby can have sensitive skin or be very sensitive to strong smells.
- ▶ The ointment choice while in the NICU is Aquaphor or Earth Mama Baby C (massage oil)
- ▶ If you notice your baby's skin is dry ask your nurse or doctor for Aquaphor or you can use massage oil if already being used with occupational therapy



Aquaphor

- ▶ Apply a small amount Aquaphor to dry areas every 12 hours
- ▶ Aquaphor can be used under radiant warmers and/or phototherapy
- ▶ If your baby is less than 1 kilogram, Aquaphor will be used with caution
- ▶ If your baby is in greater than 60 percent humidity in the first week of life, Aquaphor will not be used. The air's humidity will be enough for your baby's skin.

Massage Oil

- ▶ NICU Approved Massage Oil = Earth Mama Baby Oil
- ▶ Apply a small amount of massage oil to each body part when completing massage or to dry areas as needed
- ▶ Can be used if your baby 32 weeks or older
- ▶ Oil is not used under phototherapy
- ▶ Oil will be started with you and your baby by occupational therapy for massage 1st



Mouth Care

- ▶ If you notice that the skin around your baby's mouth is dirty, please use a Sali-Wipe to clean around the mouth.
- ▶ Another things to look for when doing your baby's mouth care is thrush. Thrush is white patchy spots that can't be rubbed off. If you notice your baby's mouth is white, tell the doctor or nurse. Pacifiers should be changed once a week if your baby has thrush.



Eye Care

- ▶ If you see crusty discharge in your baby's eyes, please use a Sali-wipe to clean that discharge away. Make sure to squeeze the Sali-wipe out before using on baby's eyes (There is a lot of saline on the wipe).
 - ▶ Use one part of the Sali-wipe from inner eye (by nose) to outer eye (by ear); and then find a new place on the Sali-wipe to do the other eye.
 - ▶ Check the color of discharge from your baby's eye. Also check if your baby's eye seems swollen, or if the white part of your baby's eye is not white.

