How is yeast diaper rash treated?

Although many diaper rashes are caused by irritation from urine and feces on a baby's sensitive skin, some may be caused by a candida yeast infection. The primary treatment for this type of diaper rash involves applying medication to the skin as well as decreasing moisture in the diaper area. Nystatin (Mycostatin), econazole (Spectazole), clotrimazole (Lotrimin), or miconazole (Micatin, Monistat-Derm) treat a yeast diaper rash equally well. Occasionally, other antifungal creams may be prescribed, such as ketoconazole (Nizoral cream). How long treatment should last has not been completely defined, although, typically, the cream or ointment is applied at each diaper change until the rash is resolved.

Yeast infections occur because the moist and irritated skin on a baby's bottom allows yeast, which normally live in the intestines, to invade the skin. Therefore, some doctors recommend oral antifungal medications in addition to topical creams. No study has definitively answered the question whether oral antifungal medications are helpful. The key to preventing diaper rashes is to keep the area as clean and dry as possible. Applying barrier creams like zinc oxide (A&D Ointment, Desitin, Diaparene) or petroleum jelly (Vaseline, Aquaphor) to the diaper area after bathing are also helpful. These products may help to decrease the ambient moisture in the diaper area.


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