Nappy Rash, or Infant Nappy Dermatitis, is the most common dermatological disorder in infancy. The use of disposable nappies causes occlusion and allows for increased skin hydration, thereby increasing the coefficient of friction between the nappy and the skin. This can lead to compromised skin, microbial changes, dermatitis, and increased susceptibility to further damage. Although nappy rash usually is an uncomplicated condition, it can be associated with a fungal infection. Candida albicans has a primary role in severe cases.

Fungal infected nappy rash can be easily treated with topical anti-fungal preparations containing miconazole. Miconazole is a synthetic antifungal with some antibacterial properties and is used in both systemic and topical formulations. Preparations containing 2% miconazole are widely available for treating topical fungal infections such as tinea, however, such high levels of miconazole aren’t suitable for the highly absorbent and occluded nappy area of infant skin. Preparations containing 0.25% miconazole and zinc oxide are safe and effective in treating fungal infected nappy rash. The ointment base provides a protective barrier against further irritation from urine and faeces, while the zinc oxide protects and soothes already irritated skin and helps with the healing process. Zinc oxide has some antiseptic properties, antibacterial and the ability to bind moisture that can further irritate the effects of external irritants. Skin irritation can be further reduced by using non-scented products, since some ingredients can irritate compromised skin.

Effective treatment of fungal infected nappy rash combines routine care measures and the use of a simple yet effective anti-fungal preparation. Treatment of this rash hinges on the prevention of further irritation from the nappy and the correct application of antifungal preparations. The key to successfully treating nappy rash lies in the protection of the skin in the nappy area. Preventative measures combined with the use of topical anti-fungal preparations can protect the skin from further irritation and help in the healing process. Effective treatment of nappy rash involves routine care measures and frequent nappy changes.

The onset of IND often occurs in the first three to 12 weeks of age, and peaks at seven to 12 months.


Koerber RJ. Monograph for miconazole nitrate 0.25% ointment compound in the treatment of diaper dermatitis complicated by infection at baseline were considered for the efficacy analysis. J Pediatr 1995; 126:814-817.

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A double blinded, placebo controlled, randomised, parallel group study was conducted using 0.25% miconazole nitrate in a zinc oxide/petrolatum base. The patients were divided into those with mild rash and moderate to severe rash, with 101 patients receiving the miconazole nitrate ointment treatment and 105 receiving the placebo. A mycological evaluation on the patients was carried out four times during the study. The difference in response to treatment between the two groups was statistically significant.

In the event that IND has developed and is a fungal infection in present, it can be readily treated with topical anti-fungal preparations containing miconazole.

To help prevent fungal infected IND, a few simple steps should be followed:
- Keep the nappy area dry with frequent nappy changes.
- Have regular ‘nappy free’ time to prevent over-hydration, reducing the skin’s susceptibility to chaffing.
- Use a good quality barrier cream.

In the event that IND has developed and is a fungal infection in present, it can be readily treated with topical anti-fungal preparations containing miconazole.

AH Liu and KA Greive. ‘Ego Pharmaceuticals Pty Ltd, Melbourne, Australia.

Benefits of Zinc Oxide
Zinc oxide is a natural mineral that can provide superior skin healing properties. Zinc oxide has been shown to promote wound healing, antioxidant and protective properties. Zinc oxide is also known to bind and counteract the effects of external irritants that can further irritate compromised skin. The use of zinc oxide in conjunction with an anti-fungal does not inhibit the action of the anti-fungal.

Benefits of an Ointment Base
The ointment base, combined with the use of zinc oxide and miconazole, helps protect the skin from further exposure to external irritants by forming a barrier on the skin surface. In addition, the use of a gentle blend of moisturisers such as light liquid paraffin, soft white paraffin and 12% butylene glycol helps maintain the suppleness of the skin.

Benefits of Low Irritancy
Resolve Nappy Rash uses only ingredients that are essential to the function of the product. As such, it is free from fragrance, lanolin, propylene glycol, colour and preservatives. Positive Intram Patch Testing, using intramuscular patching, confirmed that Resolve Nappy Rash is a non-irritant and non-carcinogenic.

The effective treatment of fungal infected Infant Nappy Dermatitis combines routine care measures with frequent nappy changes, frequent cleaning of the nappy area, and the use of a simple yet effective topical anti-fungal preparation.

For Further Information regarding Resolve Nappy Rash or any Ego Pharmaceuticals product please come and visit Ego Pharmaceuticals at Stands 3 & 4.

References

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