

# A little extra advice

## Cleaning an irritated bum

When you're dealing with a soiled nappy, use a mild soap and clean all the creases as gently and as carefully as possible. Remember to always follow the classic rule of front to back.

Rinse with water, then dry carefully by dabbing any creases. And allow your baby's bum to air dry.

## Teething can be a cause of nappy rash

Teething is often associated with disorders like diarrhoea. Prolonged contact with a dirty nappy can irritate a baby's skin.

To help restore your baby's skin, you can apply a cream such as Mitosyl Change. You'll only need a thin layer, but make sure you avoid any creases.

## Still got a red bum after several days?

As well as making sure you thoroughly clean when changing your baby's nappy, you can also apply a protective cream that will help strengthen your baby's skin.



## Mitosyl® Change for nappy rash



- ♥ Protects against nappy discomfort
- ♥ Prevents nappy rash
- ♥ Repairs your baby's skin
- ♥ New scent
- ♥ BHT/BHA free



### Zinc oxide and Cod liver oil are the main ingredients of Mitosyl Change



#### Zinc oxide

Its antiseptic and anti-inflammatory properties help protect your baby's skin.



#### Cod liver oil

Known for its moisturising, soothing and healing properties, it helps improve the barrier function of your baby's skin.

Mitosyl® is a brand of cosmetics.  
For any additional information  
(advice for use, etc.), refer to the labels.

**Mitosyl®**  
EXPERTS IN **HAPPY BUMS**

# Daily protection for your baby

## Tips and advice for healthy baby bums



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# Nappy rash is a very common skin disorder

Nappy rash is one of the most common skin disorders in newborns and infants. And it can appear on your baby from around 3 weeks old.

It's an irritative that is caused by friction from your baby's nappy, as well as prolonged contact with a dirty bum.



## Reasons for nappy rash

### Infrequent nappy changes

We recommend no less than 6 nappy changes a day.

### Poor layer quality

A nappy should be the correct fit for your baby and have the right amount of absorption.

### Your baby's age

It tends to happen more when your baby is between 6 and 12 months old.

### Diarrhoea

Nappy rash usually starts with prolonged contact, making diarrhoea a common trigger.

### Unsuitable care products

It's important to make sure you have the correct products for your baby's bum.

### Insufficient or incomplete cleaning

Keeping your baby's bum clean and dry helps to prevent a red bottom.



## Preventing nappy rash

### Hygiene

- ♥ Change your baby 6 to 8 times a day.
- ♥ Make sure you properly clean during each change.
- ♥ Clean your baby's bottom from front to back with lukewarm water. Use neutral pH soap to avoid irritating the skin

### Protection

- ♥ Your choice of nappy is really important. Make sure you use absorbent nappies that are the right fit for your baby.
- ♥ Use barrier creams to form a protective layer and don't wait for the redness to get worse before taking action.

