

Skin Care Guidelines After Colorectal Surgery

After your child's colorectal surgery, they may get a diaper rash. This is because they will likely poop more often, it may be watery, and their skin may not have been in contact with poop in a long time. It is important to take good care of their skin to prevent diaper rash.

Skin Breakdown Prevention Plan:

- Change your child's diaper often to avoid long periods where poop is touching the skin.
- Put a thick layer of Zinc-based diaper cream on each time you change their diaper (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.
- 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.
- Remove the diaper cream completely and clean your child's bottom with warm water and mild soap no more than one time a day. Use a syringe or squirt bottle to squirt warm water and mild soap 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 putting on more diaper cream.

Skin Breakdown Treatment Plan:

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

<p>1. Squirt Stomahesive Protective 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.</p>	 <p>https://www.comvatec.com</p>	<p>4. Clean the poop off with each diaper change but leave the layer of cream on. Clean off the cream once a day with warm water and mild soap, then reapply the cream.</p>
<p>2. Using the No Sting Barrier Film spray product, apply a barrier film over the powder. Let the spray dry for 30 seconds as the powder turns white again.</p> <ul style="list-style-type: none"> ○ If needed, repeat the above 2 steps to form a thicker barrier or crust. 	 <p>https://www.3m.com/</p>	<p>5. Continue these steps until the diaper rash resolves. Then, follow the prevention plan listed above.</p>
<p>3. Put a thick layer of Z-guard (Medline Remedy Zinc Oxide Paste) over the area in a gentle, sweeping motion, like icing a cake.</p>	 <p>https://www.medline.com/</p>	

Call the doctor if:

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