



Trapped Wetness

To avoid prolonged exposure to irritants and wetness, you should change diapers promptly after soiling.



Changing Table Gear

Keep all of the diapering items you need together: diapers, wipes or a soft damp cloth, a small towel or a dry wash cloth for drying, a clean change of clothes and [A+D® Original Ointment](#) or [A+D® Zinc Oxide Cream](#). See our [Diaper Bag Checklist](#) for a helpful, detailed list.



Clean Hands

Wash and dry your hands before you begin, or wipe with a fresh diaper wipe.



Changing Table

Choose a surface that allows you to work easily while keeping your baby safe. When possible, you may prefer to use a changing table.



Comfort and Safety

Make sure your baby is comfortable and not fidgeting. It may be helpful to use a toy to keep your baby distracted. Be careful not to leave your baby unattended, not even for a moment.



Diaper Time

Remove the soiled diaper.



Clean Baby

Thoroughly cleanse the diaper area including creases and folds. Disposable wipes are convenient, and a washcloth with warm water and soap is also acceptable. (To avoid bacterial infections, take care to clean girls' diaper areas from front to back.)



Dry Baby

Carefully blot your baby dry with a dry washcloth. Avoid rubbing, as this may irritate their delicate skin.



Apply Cream

Help prevent diaper rash by applying a generous layer of [A+D® Original Ointment](#) on baby's bottom, genital area and the folds of the thighs at every diaper change. If you are treating diaper rash, apply an even, liberal coat of [A+D® Zinc Oxide Cream](#) to the entire diaper area at every diaper change.



Diapering

Put the diaper on, making sure that it fits snugly but not too tightly.



Diaper Pail

Dispose of soiled diaper in a covered diaper pail.



Wash Hands

Wash your hands with soap and water.