



### 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.