

Bepanthen® Guide to Nappy Rash for the Healthcare Professional

What can be done to keep babies' skin healthy?

David Atherton and Kathryn Mills consider the best approach to preventing nappy rash.

Leading consultant in paediatric dermatology Great Ormond Street David Atherton and Kathryn Mills a neonatal sister from the Department of Obstetrics and Gynaecology Chelsea / Westminster set out to review the best skin care routine that could help keep babies skin healthy. They suggest:

"We propose that routine baby skincare should comprise gentle cleansing whenever the nappy is soiled (using warm water or alcohol-free baby wipes), the use of good quality super-absorbent nappies, and the application of a barrier preparation at every nappy change."

"Ideally, a barrier preparation should be clinically proven to be effective in babies and mimic the skin's natural function by forming a long-lasting barrier to maintain optimum moisture levels. It should not contain any unnecessary ingredients, including antiseptic, preservatives or perfume (or other potential sensitizers), or any ingredients that are toxic or have undocumented safety."

"Treatment of nappy rash should comprise essentially the same actions as its prevention. Application of a barrier ointment at every nappy change can help to both prevent and treat this condition."

In conclusion a number of criteria are identified for an ideal barrier preparation for the prevention and treating nappy rash. The chart below compares Bepanthen Ointment with a leading brand and Petrolatum based on the criteria identified.

Bepanthen meets the 7 Gold Standards¹ for barrier preparation:

Suggested criteria for an Ideal barrier preparation:	Bepanthen® Ointment	Petrolatum	A leading brand ²
1. No potentially toxic ingredients (including those with undocumented safety)	😊	😞	😊
2. Maintains optimum moisture levels	😊	😊	😊
3. No unnecessary ingredients	😊	😊	😞
4. No perfume (or other potential sensitizers)	😊	😊	😞
5. No preservatives	😊	😊	😞
6. No antiseptic	😊	😊	😞
7. Proven efficacy & safety in babies	😊*	😞	😊

*Containing zinc oxide, antiseptic, perfume and preservative. **Sub-population of twins

References: 1. Mills KM & Atherton DJ. What can be done to keep babies' skin healthy RCM Midwives Journal 2004 7(7): 288-290.
2. Putet G, Guy B, et. al. Effect of Bepanthen Ointment on the prevention and treatment of diaper rash on premature and full-term babies. Réalités Pédiatriques, 63, 33-38, 2001.

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Bepanthen®
Your number one for nappy care.

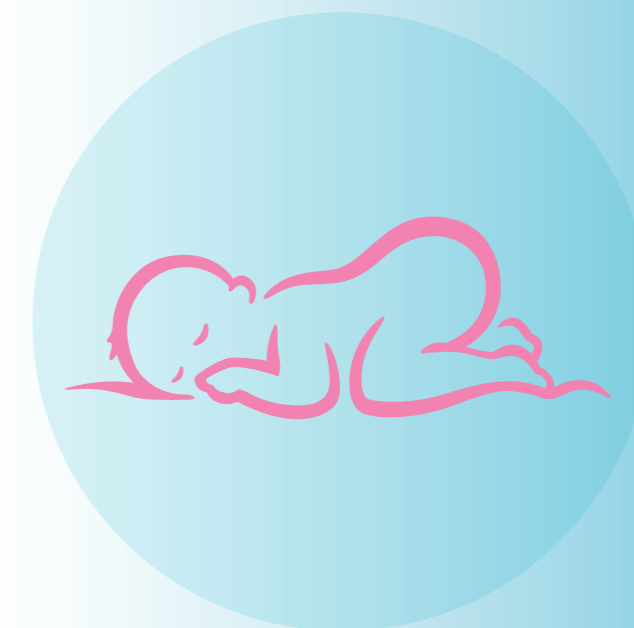
*Bepanthen is a registered trademark.

Bepanthen®

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Foreword written by
Dr Miriam Stoppard



Bayer HealthCare



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preparations designed to be used at every nappy change throughout the year.

Every ingredient in a nappy preparation should have a rationale for inclusion. There should be no preservatives present and as creams and lotions always require preservatives they aren't suitable vehicles. Ointments are.

Potential allergens such as perfumes must be excluded too.

“ Every ingredient in a nappy preparation should have a rationale for inclusion ”

Foreword by Dr Miriam Stoppard

A baby's skin is a work in progress. It isn't fully functional and is a much less effective barrier than adult skin and more prone to damage.

For a baby's bottom the facts of life are prolonged occlusion under synthetic nappies, regular wetting by urine and occasional close contact with faeces and the digestive enzymes they contain, leading to nappy rash in 30% of infants in their first year.

Nappy rash is a form of contact dermatitis caused by prolonged contact with faeces and urine which macerates the skin and disrupts its barrier function.

“ The only product I know of that fulfils all these criteria is Bepanthen ”

Wearing nappies significantly raises the pH of the skin destroying the protective "acid mantle" and the physical integrity of the outer layer is compromised by friction (from a nappy or overzealous cleaning), irritation by faecal proteases and lipases aided and abetted by the raised pH. Soaps and detergents only worsen matters.

It's now established that, contrary to popular belief, ammonia (released from urine) infection and the presence of candida (thrush) have much lesser roles in nappy rash than previously thought.

There is therefore no rationale for the inclusion of antiseptics, antibiotics and antifungals in standard nappy

To be safe and effective therefore a nappy preparation must be a simple ointment that forms an effective barrier which protects and moisturises. And, most importantly, must be clinically proven.

The only product I know of that fulfils all these criteria is Bepanthen which contains a form of vitamin B5 which helps the skin to make a healthy fatty barrier of its own to stay moist.

The most convincing scientific proof I've seen were studies done in premature babies to assess the protection against the causes of nappy rash (Realités Pédiatriques, 2001; 63:33-38).

The study included 54 babies divided into two groups, one received hospital care, the other the standard care plus a thin layer of Bepanthen ointment. The ointment was used at each nappy change unless the nappy was unsoiled.

The study included 24 twins where the results showed three times more nappy rash where the babies didn't have Bepanthen applied.

The department of paediatric dermatology at Great Ormond Street Hospital has drawn attention to this product (Curr. Med. Res. Opin. 2004; 20(5):645-649)

On a personal note, for my 18 month old twin granddaughters we use a thin smear of Bepanthen at each nappy change to protect them against the damaging effect of the next soiled nappy and their bottoms are proverbially smooth.

When is a baby likely to suffer from Nappy Rash?

There are times when a baby is more vulnerable to nappy rash. Usually when:

- They're premature
- They're teething
- They're unwell or recovering from a vaccination
- They're taking antibiotics; these can upset the delicate balance in the body and make thrush infections more likely
- Their skin is sensitive, or there's eczema in the family
- They have a tummy upset
- Their diet has changed, particularly during weaning or changing from the breast to the bottle

What is Bepanthen®?

A baby's skin is very absorbent and sensitive, therefore it needs a safe, gentle product to care for and protect it.

Bepanthen® is a water in oil emulsion containing 5% dexpanthenol (pro-vitamin B5) and the formula has been reduced to a minimum of ingredients containing no perfumes, preservatives, colours or antiseptics. Bepanthen® is so gentle, it can be used at every nappy change, and can even be used on the highly sensitive skin of premature babies².

How should Bepanthen® be used?

To protect against further occurrences of nappy rash apply at every nappy change. If the skin in the nappy area looks a little red and sore, apply a thin layer of Bepanthen® ointment to the baby's clean, dry bottom when required.



How does it work?

Bepanthen® ointment works in two ways:

Protects

Clinically proven*, Bepanthen® works by forming a long lasting, transparent layer, helping to protect even the most delicate skin from irritants and rubbing.

The water-in-oil formulation keeps the skin healthy and hydrated, while the ingredient Pro Vitamin B5 helps the skin repair its natural protective barrier.

Aids Natural Skin Recovery

Bepanthen® contains Pro Vitamin B5 which gently aids natural recovery of irritated sensitive skin while keeping it soft, smooth and moisturised.

Additionally, Bepanthen® seals in the skin's natural moisture, providing optimal conditions to allow gentle skin recovery without drying out a baby's delicate skin.

