

Changing a Diaper

It is important to make sure your loved one stays clean and dry. This will help keep him/her from forming rashes and having skin sores. When it is time to change a dirty diaper, use the following tips.

Removing a Dirty Diaper

1. Position your loved one on his/her back.
2. Release the tabs at the sides. (If they are pull-up briefs, tear the sides apart.)
3. Pull diaper between the legs.
4. Wash the front area with a warm soapy cloth or wet wipe from front to back. After wiping, fold the cloth and wipe again. NEVER wipe with a soiled area of the cloth.
5. Rinse off the soapy residue and dry area.
6. Tuck the opposite side of the diaper under your loved one.
7. Roll your loved one onto his/her side, away from you.
8. Remove the soiled diaper.
9. If there has been a bowel movement, wipe clean with toilet paper.
10. Wash area with warm soapy water or wet wipes.
11. Rinse off soapy residue and dry area.

Applying a Clean Diaper

1. Your loved one should now be positioned on his/her side.
2. Unfold clean diaper and place under your loved one. Remember, tabs should be in the back.
3. Roll your loved one onto his/her back.*
4. Pull opposite side of diaper from under the hip.
5. Pull front of diaper between legs and fasten with side tabs.
6. Adjust for a close, comfortable fit.

*If there are areas of redness, apply a barrier such as Vaseline or a Vitamin A & D ointment.