

INTERTRIGO



Intertrigo is a rash that develops in your skin folds (where skin rubs against other skin), such as your armpits, groin (tops of your legs) and under the breasts. These areas can get hot, sweaty and moist, and the skin in the folds may get irritated and swollen.

The red rash that develops with intertrigo is often sore and itchy. You may have yellow-white scaly skin on the rash. Sometimes, your skin cracks or peels.

Candida (a yeast) can cause intertrigo.

How can I treat intertrigo?

If your pharmacist thinks that you, or your child, may have a fungal skin infection they may give you **clotrimazole 1% cream** or **miconazole 2% cream** to clear it. If you are taking a medicine such as warfarin to thin your blood use clotrimazole cream.

Spread the cream on your rash and the areas around it:

- Use clotrimazole 1% cream 2 to 3 times a day for at least 2 weeks.
- Use miconazole 2% cream 2 times a day (morning and night) for at least 2 weeks.
- For each cream, carry on using it for 1 to 2 weeks after the rash has gone so that the rash does not come back.

If your skin is very red and itchy, your pharmacist may give you some **hydrocortisone 1% cream** to use 1 to 2 times a day. Spread a thin layer over your rash. Only use the hydrocortisone cream once a day if you are using it on your groin. Don't use hydrocortisone 1% cream for longer than 7 days. If you have a fungal infection then you must use the hydrocortisone cream together with the clotrimazole or miconazole cream, or your skin may not heal.

What else can help?

- Wash the skin affected by the rash every day. Use a moisturising cream or ointment (emollient) instead of soap when you bath or shower. Dry your skin carefully afterwards, particularly in your skin folds.
- Keep your skin dry and exposed to air as much as possible.
- Wear loose fitting clothes, ideally made of cotton.
- Wash your clothes and bed linen regularly to get rid of any fungus.
- Wash your towels regularly and don't share towels. You can get infected again by the fungus on towels.

Do I need to see my doctor?

See your doctor if:

- you have a weakened immune system from cancer therapy, steroid therapy or other medicines or conditions
- you have diabetes that is not well controlled and you haven't seen your doctor in the last 3 months
- you've treated your rash for 2 weeks and it hasn't got better, or it's getting worse. This might mean that you also have a bacterial infection.
- you keep getting intertrigo.

Can I give intertrigo to other people?

Yes, you can pass the fungus causing intertrigo on to other people. Avoid sharing towels, clothes and other items.

Where can I find further information?

Patient UK: www.patient.info

NHS Direct Wales Tel: 0845 4647 (open 24 hours a day, 7 days a week)

Calls from landlines and mobiles cost 2p per minute, in addition to telephone providers access charge.