

MANAGEMENT OF INTERTRIGO

What is it?

Intertrigo is a rash which occurs in body skinfolds. It is an inflammation or irritation of the skin, but may also become infected.

Intertrigo is caused by chafing of warm, moist skin under the breasts. It usually appears red and raw-looking, and may also itch, ooze, and be sore.



The Treatment

- Shower and dry off thoroughly each day.
- Dry skin gently by patting it after washing, rather than rubbing the skin.
- Apply cream* (containing a steroid and an antifungal) twice a day.
- Continue to use the treatment for several days AFTER skin changes have resolved, but *don't* use it as a preventative.
- Be consistent in using the cream *every day* for best results.
- If you think the area is infected, see your GP, as an antibiotic may be needed.
- Wear a bra with good support.

*Either of the following (or similar creams which contain a steroid and an antifungal) may be used. You can buy these without a prescription.

- Resolve plus
- Hydrozole