

Intertrigo

People with intertrigo tend to have irritated red skin in the skin folds. This can occur in any place where the skin comes in contact with skin, such as the underarm area, under the breasts, and in the skin folds of the abdomen or groin. There is no cure for intertrigo, but treatment outlined below decreases the frequency and severity of flares. Treatment is split up into treatment of flares and then prevention of recurrence. You have been prescribed 3 different medications for this: 1. Ketoconazole cream, 2. Triamcinolone cream and 3. Nystatin powder. Please contact us if you did not obtain all three of these prescriptions from the pharmacy.

Step #1: Treatment of flare (when skin area is irritated, itching, and red):

- After morning shower, apply dilute vinegar compress (See instructions below), blow dry the involved area well with a blow dryer or dry gently with a soft towel
- Place small amounts of the two creams (ketoconazole and triamcinolone) in your palm, mix and apply to areas
- Repeat application twice daily for several days until the problem improves, once improved go to step #2

Notes: A “small amount” of cream is about a dime sized spot. It is not necessary to repeat cleaning in the evening but it is optional. Avoid over-cleaning the areas involved; rubbing can irritate the skin more

Step#2: Prevention of flare:

- After morning shower, dry the involved area well with a blow dryer or gently with a soft towel
- Place a small amount of nystatin powder in the area, this will reduce moisture and help with yeast overgrowth

Other comments:

- One of the creams is a topical steroid (triamcinolone), this should only be used for 1-2 weeks as problems (skin thinning) can occur if prolonged occurs. Only use the steps above for a flare for 1-2 weeks and then take at least 2-3 weeks off before repeating if needed. If you feel like you are having flares all the time please call us.
- Dilute vinegar compress: make solution using ¼ cup of household white vinegar and ¾ cup of water, store in refrigerator. Soak a wash cloth in this solution and hold to affected area for 5 minutes
- If your rash does not improve after several weeks of twice daily treatment please call us. Occasionally an oral medication is required to treat this problem.
- Intertrigo can affect the genital skin areas as well although this is rare.