

# INTERTRIGO

Your doctor will mark the treatments that are appropriate for your particular situation.

Follow these general techniques to keep the body folds as dry as possible. Continue these suggestions indefinitely to prevent recurrences, particularly during hot weather.

- Living and working areas should be cool and dry. Use air conditioning or fans if possible. When feasible, expose the involved areas to a fan or cool blow dryer at various times during the day
- If necessary, separate the involved folds with cotton sheets or other absorbent material dusted with a talc powder (such as Zeasorb). Do not use corn powder.
- Avoid wool, nylon, and synthetic fibers. Clothing should not be tight. Bras should provide good support. Avoid prolonged sitting.
- Wash, rinse, dry involved areas at least twice per day.
- Incontinence of stool or urine must be controlled. Drying powders may be helpful (Zeasorb powder).

## Specific medication

After washing and drying, apply a thin layer of the following medication(s): \_\_\_\_\_

\_\_\_\_\_

Stop using this medication after the skin is back to normal.

In cases of extreme sweating or the presence of stool and/or urine, creams may not remain active for long. In these situations, apply Nystatin ointment (prescription required) or zinc oxide paste\* over the prescribed creams.

If skin is weeping, a washcloth, towel, or gauze bandage should be soaked in a solution of two Domeboro\* or Bluboro\* tablets or packets per quart of water. Wring out the cloth or bandage just enough so that it is still very wet, but not dripping wet. Apply to the involved area \_\_\_\_\_ times per day for 15-30 minutes. If it dries out, re-soak it. When finished, thoroughly dry the area and apply the above medication.

\*no prescription required