



INTERTRIGO (rash in folds)

Treatment:

Take steps to eliminate friction, heat, and maceration by keeping folds cool and dry.

These steps can be accomplished by using air conditioning and absorbent powders and by exposing skin folds to the air.

Most common treatment is an anti-yeast/anti-fungal cream (even when no evidence of a yeast/fungal infection) - this is safe to do long term.

Other options:

Compresses with Burow solution 1:40, dilute vinegar, or wet tea bags often are effective, especially if followed by fanning or cool blow-drying.

Skin surfaces in deep folds can be kept separated with cotton or linen cloth; however, be sure to avoid tight, occlusive, or chafing clothing or dressings.

When appropriate, antimycotic agents (miconazole, clotrimazole) are helpful. Can be used with a mild (class IV-VI) steroid for a short duration. Avoid using stronger topical steroids because the occlusive effect of skin folds can accelerate the development of skin atrophy and striae.

Castellani paint (carbolic-fuchsin paint) also can be helpful.

Sometimes non-cortisone topical medications used for eczema (Elidel or Protopic) are helpful.

Some good over-the-counter barrier agents which can be used all the time as maintenance or to prevent:

Triple Paste AF comprises an antifungal, petrolatum, zinc oxide paste, and aluminum acetate (Burow) solution.

Vusion Ointment

Commercially available barrier pastes sold for diaper dermatitis (eg, Desitin or even better, a 40% zinc oxide paste with few other ingredients like Boudreaux's Butt Paste) can be helpful.

Zeasorb or Zeasorb AF powder.