



## Care of Skin Fold Dermatitis

Skin fold dermatitis is a generic term for Intertrigo, which is a rash found in body folds such as the under arms, under breasts, abdominal folds or the groin. The rash can be caused by many things such as yeast, fungi, bacteria, contact irritants or even inherited conditions. Body folds are common areas of inflammation due to the increased skin temperatures, moisture and friction.

To accurately diagnose the cause of your dermatitis, we will occasionally obtain cultures, scrapings or even biopsies of your rash. Once diagnosed, we will provide you with a targeted treatment plan which may include prescription oral and/or topical medications for your specific condition.

Things that you can do at home for skin fold dermatitis include:

- **Bathing with Hibiclens** (Chlorhexidine) which is an antiseptic antimicrobial skin cleanser. Ask your pharmacist for Hibiclens, as this product is found behind the counter. You do not need a prescription to purchase it. Use daily until condition improves, then use the least frequency of application that will maintain your skin in a clear condition.
- **Use of Domeboro astringent solution.** Domeboro are over the counter powder packets that need to be mixed with water to make a solution. A clean cloth can be soaked in the solution and used to apply directly to your rash or used as a compress for 15-30 minutes, one to three times daily.
- **Bathing with 1 cup of household bleach in your bath water daily.**
- **Apply a topical barrier ointment or cream and drying powders to**

**affected areas.** (Examples include Triple Paste Ointment or Zeasorb powder)