

PATIENT INFORMATION

Under Breast Soreness

Intertrigo

Under breast soreness (Intertrigo) can be very upsetting, uncomfortable and worrying but it is very common, not serious and easily treated.

What is Intertrigo?

Intertrigo is a skin inflammation/rash which can lead to a Yeast infection called Candida.

It is caused by moisture that can get trapped in the skin fold underneath the breast, which can lead to an increase in naturally occurring bacteria. Friction from the skin folds rubbing also contributes to it.

If left untreated it can lead to a foul smelling creamy discharge and spread to other parts of the body.

Women with larger breasts and those who are very active are more likely to suffer from this soreness.

Signs and symptoms:

- Inflammation/red rash
- Soreness and discomfort
- Spots
- Itchiness
- Cracking/Split skin
- A creamy foul smelling
- Discharge



Everyday Treatment:

- Wash the affected area regularly and pat instead of rubbing it dry.
- Don't share towels to prevent the spread of infection.
- Wear a good fitting supportive bra. Cotton is better than nylon as this can make the soreness worse.

Medical Treatment:

- If the skin is red, sore and/or itchy, ask the pharmacist for an anti-fungal cream or powder.
- If the skin is very red, inflamed and sore, ask the pharmacist for a hydrocortisone cream.
- Once the infection had cleared up, to prevent it coming back, use a barrier cream daily (Zinc or Caster oil).
- If none of the above work or your symptoms get worse, make an appointment to see your doctor.

Always follow the instructions when using any medication

Contact details

Breast Care Unit

Torbay Hospital

Newton Road

Torquay

TQ2 7AA

☐ 01803 655662

✉ sdhct.breastcare@nhs.net

- <https://www.torbayandsouthdevon.nhs.uk/services/breast-care-unit/>

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.