

# Yeast Skin Infection: Care Instructions



## Your Care Instructions

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Yeast normally lives on your skin. Sometimes too much yeast can overgrow in certain areas of the skin and cause an infection. The infection causes red, scaly, moist patches on your skin that may itch.

Common areas for skin yeast infections are skin folds under the breasts or belly area. The warm and moist areas in the skin folds can make it easier for yeast to overgrow. Yeast infections also can be found on other parts of the body such as the groin or armpits.

You will probably get a cream or ointment that contains an antifungal medicine. Examples of these are miconazole and clotrimazole. You put it on your skin to treat the infection. Your doctor may give you a prescription for the cream or ointment. Or you may be able to buy it without a prescription at most drugstores.

If the infection is severe, the doctor will prescribe antifungal pills.

A yeast infection usually goes away after about a week of treatment. But it's important to use the medicine for as long as your doctor tells you to.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

## How can you care for yourself at home?

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- Be safe with medicines. Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Keep your skin clean and dry. Your doctor may suggest using powder that contains an antifungal medicine in the skin folds.
- Wear loose clothing.

## When should you call for help?

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**Call your doctor now** or seek immediate medical care if:

- You have symptoms of infection, such as:
  - Increased pain, swelling, warmth, or redness.
  - Red streaks leading from the area.
  - Pus draining from the area.
  - A fever.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.

### Where can you learn more?

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Go to <https://www.healthwise.net/patiented>

Enter **A142** in the search box to learn more about "**Yeast Skin Infection: Care Instructions**".

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