

Patient Information Leaflet

Understanding under-breast soreness (Intertrigo)

Symptoms, Causes and Treatment

West Devon and East Cornwall Breast Screening Service
Primrose Breast Care Unit
Level 7
Derriford Hospital
Plymouth
PL6 8DH
Telephone 01752 431652
www.plymouthhospitals.nhs



What are the causes of under-breast soreness?

- Under-breast soreness is a troubling, but common condition that isn't serious. It is caused by an excess of moisture, trapped in the folds of the skin, allowing organisms, which are naturally present on the skin surface to multiply and cause discomfort.
- Other causes include friction from skin rubbing together.
- Most commonly occurring in women with larger breasts, and active sporty individuals.
- If left untreated, under-breast soreness can spread to other parts of the body, or become worsened.
- In some cases it can lead to a pungent smelling, creamy coloured discharge.

What are the symptoms of under-breast soreness?

- Inflammation
- Soreness/discomfort
- Spots and Itching
- Discharge (pungent and creamy)
- Split skin



What are the effective treatments for under-breast soreness?

- Our dermatologists recommend that you try to absorb the excess moisture and suggest the use of a simple fold of clean, cotton gauze/linen tucked into the edge of your bra.
- Wash morning and night, patting dry. Do not rub.
- Wear supportive, cotton bras to avoid skin rubbing.
- To avoid the spread of infection, do not share flannels and towels.
- The use of talcum powder is definitely discouraged as it may in itself cause irritation.
- Pharmacists can recommend hydrocortisone cream, or anti-fungal creams, and can be obtained over the counter.
- Once infection has cleared, it may be beneficial to use a barrier cream (zinc/castor oil) to help infection to stop returning.
- If none of the above helps or symptoms worsen, book an appointment with your GP.

Feelings

For a lot of women under-breast soreness can be upsetting and extremely uncomfortable. But many women are relieved to know their symptoms are very common and reassured to know it's treatable.



**This leaflet is available in large print and other formats and languages.
Contact: Administrator
Tel: 01752 439936**

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