

Tinea group of infections (ring worm) are a rampant these days. Adequate treatment and patient compliance are very essential in the complete clearance of these infections. Here are few tips in managing fungal infections

#### DO's

Take bath every day with the prescribed body wash or soap

Dry the body folds adequately after bath and 2-3 times a day under the fan or with a hair dryer

Wash clothes in hot water, dry clothes outside under the sun, (in the absence of sun, iron and use the clothes)

Wash the infected clothes separately

Avoid sharing clothes, towels and soaps of the infected person

Wash linen and towels regularly to keep the fungus away

Wear only cotton clothing/ socks/ boxer inner wears

If you are using shoes and socks, use fresh socks and shoe every 2-3 days. Sun dry the shoe and socks regularly

Keep the house clean by regularly cleaning with a detergent

Apply the creams 2 cms beyond the margins of the affected area

Be regular with the medications (creams and oral medicine). It takes 4-6 weeks to treat the infection completely. Even after improvement in skin condition, continue medicines for 2 more weeks.

#### DONT's

Don't wear damp clothes

Don't share infected clothes

Don't wear synthetic or tight fitted clothes (jeans/leggings)

Don't walk bare foot in public places

Don't use antifungal steroid cream combination cream

Don't share your medicine with family member or friend

Don't discontinue your treatment without advice of specialist

Don't self medicate or buy medicines from pharmacy without prescription of specialist