J o c k I t c h T r e a t m e n t

S e l f - C a r e a t H o m e

If you have some itching and redness in the groin area, try to keep the area dry, exposed to air as much as possible, and avoid tight clothes on the area. These measures may relieve the problem.

Many antifungal medications are available without prescription. They come in cream, liquid spray, ointment, and powder forms. Some people may develop an allergic reaction to the medication, so stop using them if your rash seems worse.

- Tolnaftate (Tinactin, Aftate) and undecylenate (Cruex, Desenex) are well-known, effective medications. The powder form is also useful as a drying agent. These medications are not effective against candidal infections.
- Clotrimazole (Fungoid, Lotrimin, Mycelex) and miconazole (Micatin, Monistat Derm) are also available over-the-counter and are effective against all fungi.
- If these medications help, be sure to use them for 2-4 weeks to completely clear the infection.
- Keeping the affected area clean and bone dry helps to clear the infection.
- You may use the medications to prevent relapses as well.
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- When to Seek Medical Care
- Exams and Tests
- Next Steps
- Prevention
- Outlook


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