Skin Breakdown under the Breast

- The skin under your breasts is fragile. It can suffer from skin breakdown. This happens when skin rubs together and traps moisture.
- When a woman has skin breakdown under her breasts, her skin may become red and raw. It may itch, ooze or be a little sore.
- Skin breakdown is more common in the summer when the weather can be hot and humid.

What can you do to treat skin breakdown under your breast?
If you are using a treatment that a doctor or nurse practitioner gave you, continue to follow that treatment. If you are not, here are some tips that may help:

- When washing your skin, use warm, not hot, water. Use a mild soap that is pH balanced. Be very gentle. Pat the skin to dry off. Do not rub the area with a towel.
- To help keep the skin under your breasts dry, you could use a medicated body powder that contains menthol and zinc oxide. You can buy these types of powders in a drug store without a prescription. Ask your pharmacist for advice. Be aware that talcum powders or baby powders will not keep your skin dry in the same way as these medicated powders.
- Do not use creams or lotions on the skin under your breasts. They can trap moisture and make the problem worse.
- Allow air to reach the skin under your breasts twice a day for about 10 minutes each time.
- Ensure your bra provides good support. Do not sleep with your bra on.
- Make sure your clothing absorbs sweat. Avoid nylon or polyester. Wear loose clothing.
- After the skin under your breasts has healed, try to keep it cool and dry. This may help stop the problem from coming back. Using a medicated body powder with menthol and zinc oxide from time-to-time may also help.
- If your skin breakdown does not heal within 7 days, or if the problem is severe, visit your doctor or nurse practitioner.

05/08